1.

Record Nr.	UNISALENTO991000030819707536
Autore	Léveque, Pierre
Titolo	La civiltà greca / Pierre Leveque
Pubbl/distr/stampa	Torino : Einaudi, 1970
ISBN	8806030418
Descrizione fisica	xx, 572 p. : ill., tav. ; 21 cm.
Collana	Biblioteca di cultura storica
Altri autori (Persone)	Sala, Carlo
Disciplina	938
Soggetti	Civilization, Greek
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Tit. orig.: L'aventure grecque. Trad. di Carlo Sala

2. Record Nr. UNINA990008948240403321

Titolo	Current opinion in lipidology
Pubbl/distr/stampa	London; London, : Current Science; Lippincott Williams & Wilkins
ISSN	0957-9672
Disciplina	574.19247
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico

3. Record Nr. UNINA9910682558803321

Autore	McClements David Julian
Titolo	Meat Less: The Next Food Revolution / / by David Julian McClements
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2023
ISBN	9783031239618 303123961X
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (258 pages)
Collana	Copernicus Books, Sparking Curiosity and Explaining the World, , 2731-8990
Disciplina	613.262
Soggetti	Biology Biological Sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	(1) Should I Eat Meat? -- (2) Meat and the Environment: How Livestock are Taking a Big Bite Out of Our Planet -- (3) An Ethical Dilemma: To Meat or Not to Meat? -- (4) Meat and Nutrition: Will Eating Less Meat Make Me Healthier? -- (5) Staying Alive: Is a Meat-Free Diet Safer? -- (6) Plant-based Meat: Building Meat from Plants -- (7) Biotech Meat: Growing Meat from Cells -- (8) Bug Meat: Assembling Meat from Insects -- (9) The Past is the Future: Tofu and Tempeh Rejuvenated -- (10) Future Foods: Diet 2050.

Sommario/riassunto

Reducing the amount of meat in our diet would have major environmental benefits, including reducing greenhouse gas emissions, pollution, deforestation, and biodiversity loss. Moreover, it would have wide-ranging ethical benefits by decreasing the huge number of livestock animals confined and killed each year for food. For consumers, there may also be health benefits from a meat-less diet, provided it was carefully planned. Advances in modern science and technology, including plant-based, microbial, lab-grown, and insect meats, are revolutionizing the food industry and making it easier for consumers worldwide to maintain a meat-less diet. In Meat Less: The Next Food Revolution I outline my own journey as a food scientist who became a vegetarian in solidarity with my daughter. In writing this book I take the viewpoint that there are no easy answers and that everyone must make the decision to eat meat or not based on their own values. The first chapters examine the impact of meat consumption on the environment, human health, and animal welfare, including the important questions of how much does eating meat really contribute to greenhouse gas emissions, pollution, and biodiversity loss, what are the ethical implications of raising and killing animals for food, and the impact of reducing meat consumption on human nutrition and health. I then discuss some of the new technologies that are being developed to create alternatives to meat, including plant-based meat, cultured (lab-grown) meat, microbial meat, and insect meat. I present the science behind these new technologies and their potential for making a difference to climate change and human health. In the final chapter, I discuss why I remain a vegetarian and have decided to dedicate the rest of my scientific career to finding sustainable and healthy alternatives to meat, presenting my vision of the human diet in 2050.