As climate change upends agricultural production and threatens global food security, scientists and policymakers are focusing increased attention on how to build a more sustainable and resilient food system. In *Eating Our Way through the Anthropocene*, Jessica Fanzo explores these challenges from a dietary perspective, examining how our diets influence and are influenced by climate change. At the heart of Fanzo’s thesis is the idea that changing what we eat might steer the food system toward greater sustainability and improve human and environmental health, or do the opposite.

_Eating Our Way through the Anthropocene_ offers several suggestions for accomplishing these tasks. First, Fanzo notes that the global food system will require massive transformation, "tinkering around the edges is no longer an option" (p. 16). Though sobering, Fanzo’s candor here is a refreshing change from recent "quick fix" approaches to food system reform. Second, national food system policies must be more holistic, embracing agriculture, nutrition, climate, and biod-
iversity at the same time. These policies must respect environmental limits and address both climate mitigation and adaptation. Third, policies must help consumers achieve a sustainable diet, including "practical tips and solutions to big conceptual notions" (p. 17). Finally, the political environment must be more receptive to food system transformation. Most of Fanzo's examples involve policy changes at the scale of the state. Indeed, the book seems targeted to audiences hoping to influence national food policy (it arms them well for that task). That said, Fanzo's broad scope and clear narrative make the topic accessible to general readers, academic audiences, and policy wonks alike.

As one would expect, the discrepancy in size between the book and its subject leaves some gaps. Despite "Anthropocene" in the title, the book does not detail food system impacts on the planet: there is mention of land use change and the environmental impacts of agro-industrial monocultures, but this is brief compared to the emphasis on diets. "Anthropocene" is used more to designate a period of time than to signal a discussion of the earth-changing processes associated with food production and consumption.

There is also little discussion of the role that food movements, community action, activism, and resistance might play in achieving these goals. Fanzo has justifiable concerns with corporations and the private sector, noting that the private sector "has significant power" leading to a "power imbalance" in the food system. This may be why Fanzo prefers state intervention, claiming "we need governments to take control and to shepherd their food systems" (p. 18). States are certainly influential, but top-down policies are not the only ways that food systems—or diets—change. In some cases, states looking to "take control" have had disastrous impacts on human and environmental health.

In that vein, Eating Our Way through the Anthropocene does not address the often-violent legacies of top-down dietary prescriptions. Food system scholars continue to reveal the impact of carceral, racist, gendered, and settler colonial food policies. In the United States, the past promotion of meat, dairy, and refined wheat flour exemplifies a long history of discrimination and cultural erasure in the name of better nutrition. Fanzo acknowledges that solutions must be "ethically permissible and socially acceptable" but stresses the importance of eating the "right" diet for human and planetary health, noting that "most diets around the world are suboptimal" and have led to a "massive global malnutrition burden" (pp. 12, 7, 9). Some may find the statistically derived prescriptions of EAT-Lancet overly technocratic and paternalistic—concerns that are worthy of clarification but are understandably beyond the scope of the book.

Eating Our Way through the Anthropocene provides a detailed and accessible entry point into the complex relationship between diet, the food system, and climate change. The book arms readers for more extensive forays into the nutritional, ecological, geophysical, and ethical dimensions of food system transformation. Halfway through, Fanzo poses a key question: "Do we have the right to eat wrongly?" (p. 13). By "we" Fanzo means high-income countries that consume a disproportionate quantity of body- and planet-damaging meats, processed foods, and sugars. Do these populations have the right to demand more than their fair share of productive resources and to externalize more than their share of costs? Though the book does not address this question directly, its practical prescriptions give us a pretty good idea of the answer.
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