



# **Real Food/Fake Food: Why You Don't Know What You're Eating and What You Can Do about It**

*Larry Olmsted*

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You've seen the headlines: Parmesan cheese made from sawdust. Lobster rolls containing no lobster at all. Extra-virgin olive oil that isn't. Fake foods are in our supermarkets, our restaurants, and our kitchen cabinets. Award-winning food journalist and travel writer Larry Olmsted exposes this pervasive and dangerous fraud perpetrated on unsuspecting Americans.

*Real Food/Fake Food* brings readers into the unregulated food industry, revealing that this shocking deception extends from high-end foods like olive oil, wine, and Kobe beef to everyday staples such as coffee, honey, juice, and cheese. It's a massive bait and switch where counterfeiting is rampant and where the consumer ultimately pays the price.

But Olmsted does more than show us what foods to avoid. A bona fide gourmand, he travels to the sources of the real stuff, to help us recognize what to look for, eat, and savor: genuine Parmigiano-Reggiano from Italy, fresh-caught grouper from Florida, authentic port from Portugal. Real foods that are grown, raised, produced, and prepared with care by masters of their craft.

Part cautionary tale, part culinary crusade, *Real Food/Fake Food* is addictively readable, mouth-wateringly enjoyable, and utterly relevant. Larry Olmsted convinces us why real food matters.

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Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled Real Food/Fake Food: Why You Don't Know What You're Eating and What You Can Do about It can be good book to read. May be it could be best activity to you.

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