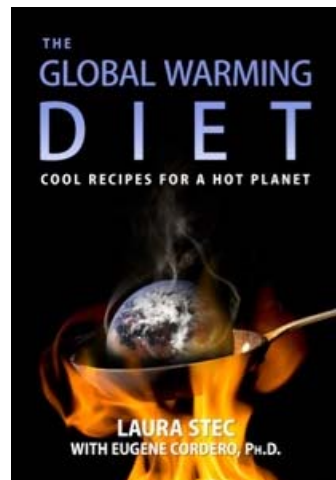


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JUNE 12, 2007

Get Your Carbon Footprint Off The Dinner Table



"Low carb diet" had a lot of buzz in the past few years. Perhaps "low carbon diet" is next.

A while ago we wrote about the possibility of [saving the world through cuisine](#). We were being a little hyperbolic, of course. [But a new diet](#), written by two Bay Area residents, quite literally aims to save the environment via your food consumption.

Eugene Cordero, a professor at San Jose State, and [Laura Stec](#), a chef in the city, are coming out with "[The Global Warming Diet](#)," which is due to be published later this year.

You can [get a preview](#) of what the book entails, though. As the Web site says, the diet book "highlights three areas where food choices effect [*sic*] climate change: in the production and transportation of food, land management, and breeding of livestock." It seeks to introduce readers to a more responsible way of eating, and asks you to consider facts such as "it takes 10 times more fossil fuels to produce a calorie of meat than a calorie of plant protein."

While we doubt we'd ever go fully vegetarian, we're totally interested in checking this out. For one thing, diets are sort of a hobby of ours (for crying out loud, we even tried the [Shangri La Diet](#) for a few weeks, *barf*). For another thing, it seems very responsible to consider the "whats and wheres" behind your cuisine -- sort of the "Al Gore" version of making you kill and depin your own chickens before eating them.

If nothing else, it should make for some interesting fodder for discussion.

Posted by [Jeremy](#) in [Environment](#) , [Food](#) , [Food+Fun](#) | [Link](#) | [Comments \(3\)](#) | [Recommend this! \(3\)](#) | [+](#)

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Not related at all, but when I clicked on this site I was served a banner trying to sell me pocket diapers. Does anyone know what a pocket diaper is and how exactly one might use one?

[1] Posted by: fizzardpop | [June 12, 2007 1:00 PM](#)

You stuck to the Shangri-la diet for "a few weeks"??? Sir (or Madam), I salute you! Blech, I tried one tablespoon and that was it for me. Luckily I didn't actually barf. Just wanted to. You must have tastebuds of steel.

[2] Posted by: bluecanary | [June 12, 2007 1:47 PM](#)

I developed a technique for minimizing the amount of oil that touched my tongue. It was still really gross.

I don't know that I'm a "sir," but I certainly ain't no "madam" . . .

[3] Posted by: SFist Jer | [June 12, 2007 3:02 PM](#)

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