

Potential Supplemental Materials for *Omnivore's Dilemma*

Listen: National Public Radio's Diane Rehm Show: "Healthful Food," March 26, 2009, 10 am
First Lady Michelle Obama's vegetable garden at the White House and a new study on the health risks of eating beef and pork daily have inspired many to rethink what they're eating and whether it's healthy. A look at new efforts to put healthier food on our plates. Listen via the link here:

<http://wamu.org/programs/dr/09/03/26.php#25610>

Read: New York Times columnist Nicholas Kristof's articles
Kristof wrote two recent columns about the connections between our food production and the spread of MRSA, an antibiotic-resistant "super bug" also known as "flesh-eating bacteria" that has most often been spread in hospitals, but more recently it is spreading more among high school and college students. He starts his investigation of the links between this disease and pig farms in a small Indiana town and continues from there.

1. Kristof, Nicholas. March 11, 2009. "Our Pigs, Our Food, Our Health." *New York Times*.
<http://www.nytimes.com/2009/03/12/opinion/12kristof.html>
2. Kristof, Nicholas. March 14, 2009. "Pathogens in Our Pork." *New York Times*.
<http://www.nytimes.com/2009/03/15/opinion/15kristof.html>

Read: "One Thing to Do About Food: A Forum" August 24, 2006. *The Nation*
Twelve authors and/or activists each present a short discussion of his/her concerns and ideas about what to do about the problems associated with the American food culture and its impacts on health.
<http://www.thenation.com/doc/20060911/forum>

See also: Box 1 on Community-Supported Agriculture for further ideas and links.

See also: Links provided by author Michael Pollan: <http://www.michaelpollan.com/link.htm>