



BRUNO PARMENTIER

# Manger tous et bien

*par l'auteur de « Nourrir l'humanité »*



SEUIL

# Manger Tous Et Bien

**Académie française**



## **Manger Tous Et Bien:**

**Manger tous et bien** Bruno Parmentier, 2012-03-28T00:00:00+02:00 Avant les rapports la nourriture taient angoissants mais simples on voulait tre s r de manger demain et on esp rait ne pas mourir apr s souper Aujourd hui en France on n a plus faim mais on n a jamais autant parl de nourriture ni d agriculture On r clame la fois du simple sophistiqu et pratique tra able et biologique quitable et local rapide et di t tique quilibr et vari traditionnel et moderne issu du terroir et exotique Mais surtout on veut maigrir Sans oublier qu ayant voulu gagner du temps on a confi d autres une bonne partie de la pr paration de notre nourriture ce qui nous angoisse car on ne sait plus ce qu on mange On ne trouvera ici ni recette de cuisine ni r quisitoire contre les responsables suppos s de la malbouffe ni programme pour une vie meilleure On y puisera en revanche quantit de r ponses des questions que chacun peut se poser qu est ce que manger au fond et surtout qu est ce que bien manger la fois seul le soir apr s une journ e de travail et quand on re oit des amis Pourquoi alors que l esp rance de vie augmente r guli rement les maladies li es la nourriture ob sit allergies intol rances boulimie anorexie ne cessent elles de prolif rer Pourquoi mange t on sans sourciller des OGM aux tats Unis alors qu on s y refuse en France Quelle est la r alit et l avenir du bio et des circuits courts Mais aussi quels sont les probl mes que nous rencontrons avec les c r ales les fruits et l gumes la viande le lait Comment s organiser pour manger la fois mieux tous et durablement Le manger bien des uns est il incompatible avec le manger tous bient t 9 milliards d individus sur Terre Quelles nouvelles relations inventer entre les agriculteurs et les consommateurs Un livre accessible tous consommateur de base tout comme sp cialiste ou d cideur pour aider chacun largir sa vision et se faire sa propre opinion Bruno Parmentier ing nieur des Mines et conomiste a dirig dix ans le Groupe ESA cole sup rieure d agriculture d Angers Il est l auteur de Nourrir l humanit les grands probl mes de l agriculture mondiale au XXIe si cle La D couverte 2007 et donne de nombreuses conf rences

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