

Greetings

These photos are from our latest book project. Maybe they can save your life....

How and why?

Americans are eating themselves to death: we spend more on health care than any other country in the world (\$7,000 per person).

Yet we are some of the unhealthiest on the planet (check out our data table from the book).

What can we learn from comparing ourselves to the rest of the world? How can we use this information to be healthier and live longer?

If you examine these photos of families around the world with a week's worth of food, maybe you can figure it out for yourself.

See the end of this email for a few simple suggestions that we discovered during 3 years of travel to more than two dozen countries photographing and interviewing more than 30 families about what they eat in one week.

Feel free to send this to family and friends.

Feel free to order *Hungry Planet: What the World Eats*

http://www.amazon.com/Hungry-Planet-What-World-Eats/dp/1580086810/ref=ed_oe_h

– CHAD, REFUGEE CAMP - \$1.23 plus \$24.37 in food rations (from UN and other NGOs)

The Aboubakar family of Darfur province, Sudan, in front of their tent in the Breidjing Refugee Camp, in eastern Chad. D'jimia, a recent widow, and all her fellow villagers fled across the border from Sudan into Chad to escape attacks by Sudanese militia.



– CHAD - \$18.33 plus \$25.44 in homegrown food

The Mustapha family in their courtyard in a village near Abeche, Chad's second largest city. Chad has more than 1 billion barrels of oil reserves. 2% of households have access to electricity. Life expectancy is less than 50 years for both men and women.



The Mustaphas of Chad, from the book *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- ECUADOR - \$31.55 plus \$3.20 in homegrown food

The Ayme family, potato and sheep farmers, in the central Andes at 11,000 feet. There are more volcanoes (17) than McDonald's (10) in Ecuador. The Aymes had another baby after this photo was made.



The Aymes of Ecuador, from the book *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- PHILIPPINES - \$49.42

The Cabana family in their 200 square foot apartment in Manila. 46% of the population lives on less than \$2 per day. The Cabana family's favorite breakfast is salty bread, *pan de sal*, with Cheez wWhiz.



— CUBA - \$56.76 plus \$13.16 in government rations

The Costa family of Havana. Most Cubans work for the government or government owned companies make about \$15 per month, but housing, education, and healthcare are free and all Cubans receive a basic food ration.



- CHINA - \$57.27 plus \$1.96 in homegrown food

The Cui family of Weitaiwu Village, 2 hours from Beijing. "Never could we have imagined we would ever have this much to eat." -Grandfather Cui, reflecting on his childhood in the village.



The Cuis of Beijing China, from the book *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- LUXEMBOURG - \$143.14

The Lopes-Furtado family from Cabo Verde at home in Rodange, Luxembourg. Maria, 35, and her husband Ernesto, 47, a master mason who also renovated their own home, came to Luxembourg from Cape Verde as teenagers. Today most of their extended family lives in the Duchy.



The Lopeses of Luxembourg, from the book project *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- CANADA - \$147.41

The Finken family of Gatineau, Quebec lives in a straw bale house a few blocks from Lac Deschenes. They have a garden in summer and try to mostly eat organic food. Coco, 16, has recently become a vegan.



The Finkens of Canada, from the book project *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- BOSNIA - \$167.43

The Rasim and Ensada Dudo family of Sarajevo. During the siege of Sarajevo from 1992-1996, 15,000 people died, including the father of Rasim Dudo.



The Dudos of Bosnia, from the book *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- MEXICO - \$189.09

The Casales family of Cuernavaca. Mexico ranks first in the world in per-person consumption of Coca-Cola. Marco Antonio, 29, illegally entered the USA shortly after this photo was made to work as a day laborer to better support his family.



The Casaleses of Mexico, from the book *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- OKINAWA, JAPAN - \$214.26

The Matsuda family of Yomitan Village. Takeo's mother Kama, is 100 years old. Okinawas has the highest percentage of centenarians in the world. Compared to Americans, they eat much less meat and more fish, spend much less on health care and live longer. A common saying taught to children is *Hara hachi bu* "eat only until 80 percent full".



The Matsudas of Japan, from the book *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- KUWAIT - \$221.45

The Al Hagan family with their two Nepalese servants in Kuwait City. This photograph was taken during the US invasion of Iraq. Kuwait exports 96% of its oil, imports 98% of its food, and gets 90% of its water supply from desalinated seawater.



- AUSTRALIA - \$303.75

The Molloy family of Brisbane. 44% of Australia is desert. The ratio of sheep to people is 5:2.



- USA, TEXAS - \$242.48

The Fernandez family of San Antonio. 75% of processed food have some genetically modified ingredients; 80% of soy and 40% of corn is a genetically modified variety.



The Revises of the USA, from the book *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- USA, NORTH CAROLINA - \$341.98

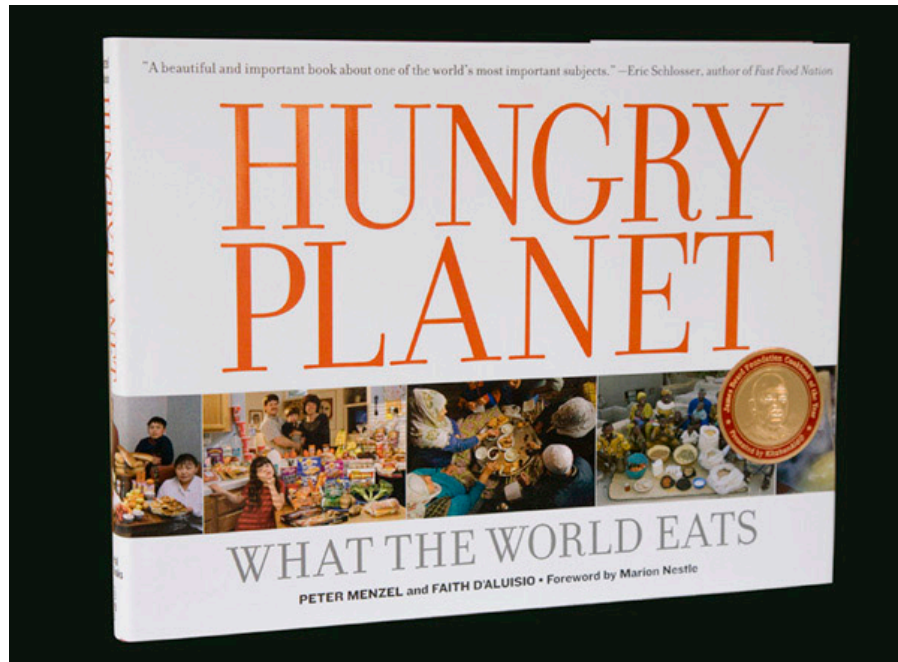
The Revis family of North Carolina. The average American adult eats 275 pounds of meat and drinks 54.8 gallons of soft drinks per year. The Revis family, habitual exercisers, changed their diet after this photo was made to include much less fast food.



The Revises of the USA, from the book *Hungry Planet* © by Peter Menzel and Faith D'Aluisio

- Hungry Planet - 30 families, 24 countries: \$16.47

For detailed information, interviews, statistics, essays by experts, and several hundred more photos, check out the 256-page book.



Hungry Planet: What the World Eats (Ten Speed Press).
http://www.amazon.com/Hungry-Planet-What-World-Eats/dp/1580086810/ref=ed_oe_h

By Peter Menzel and Faith D'Aluisio

- eat real, whole food, not processed food
- eat in moderation and stay active physically

Measuring Table

	Population	Population Density (people per sq. mile)	Total Area (sq. miles)	Population in Urban Areas (percent)	Life Expectancy (male/female)	Fertility Rate (total births per woman)	Literacy (percent, male/female)	Income (annual per capita in US\$/PPP)	Health Care Expenditure (annual per capita in US\$/% of GDP)	Physicians (per 100,000 people)	Access to Safe Water (percent)	Access to Sanitation (percent)
Australia	19,913,144	7	2,967,124	92	77.9/83.0	1.7	100.0/100.0	\$20,822/28,260	\$1,741/9.2	247	100	100
Bhutan	2,185,569	121	18,142	9	60.2/62.4	5.0	56.2/28.1	\$695/1,300	\$9/3.9	5	62	70
Bosnia	4,007,608	203	19,736	45	69.3/76.4	1.3	98.4/91.1	\$1,362/6,100	\$85/7.5	145	N/A	N/A
Chad	9,538,544	19	495,624	25	46.1/49.3	6.7	56.0/39.3	\$240/1,020	\$5/2.6	3	27	29
China	1,298,847,624	351	3,704,427	38	69.6/72.7	1.8	95.1/86.5	\$989/4,580	\$49/5.5	164	75	40
Cuba	11,308,764	264	42,792	76	75.0/79.3	1.6	97.2/96.9	NA/2,900	\$185/7.2	596	91	98
Ecuador	13,212,742	121	109,454	62	67.9/73.5	2.8	94.0/91.0	\$1,897/3,580	\$76/4.5	145	85	86
Egypt	76,117,421	197	386,560	42	65.3/69.0	3.3	68.3/46.9	\$1,354/3,810	\$46/3.9	218	97	98
France	60,424,213	286	211,154	76	75.9/83.5	1.9	99.0/99.0	\$24,061/26,920	\$2,109/9.6	330	N/A	N/A
Germany	82,424,609	598	137,810	88	75.6/81.6	1.4	99.0/99.0	\$24,051/27,100	\$2,412/10.8	363	N/A	N/A
Great Britain	60,270,708	638	94,500	89	75.8/80.5	1.6	99.0/99.0	\$26,444/26,150	\$1,835/7.6	164	100	100
Greenland	56,384	0.1	836,109	83	64.0/70.0	2.45	N/A	N/A	\$2,622	146	100	>90
Guatemala	14,280,596	340	42,032	47	63.1/69.0	4.4	78.0/63.3	\$1,941/4,080	\$86/4.8	109	92	81
India	1,065,070,607	839	1,269,010	28	60.1/62.0	3.0	70.2/48.3	\$487/2,670	\$24/5.1	51	84	28
Italy	58,057,477	499	116,275	67	76.8/82.5	1.2	99.0/98.3	\$20,528/26,430	\$1,584/8.4	607	N/A	N/A
Japan	127,333,002	873	145,844	66	78.4/85.3	1.3	99.0/99.0	\$31,407/26,940	\$2,627/8.0	202	N/A	N/A
Kuwait	2,257,549*	328	6,879	96	75.8/76.9	2.7	85.1/81.7	\$15,193/16,240	\$537/3.9	160	N/A	N/A
Mali	11,956,788	25	478,640	33	43.9/45.7	7.0	53.5/39.6	\$296/930	\$11/4.3	4	65	69
Mexico	104,959,594	138	761,404	76	71.7/77.0	2.5	94.0/90.5	\$6,320/8,970	\$370/6.1	156	88	74
Mongolia	2,751,314	5	603,749	57	60.1/65.9	2.4	98.0/97.5	\$457/1,710	\$25/6.4	278	60	30
Philippines	86,241,697	745	115,800	62	65.1/71.7	3.2	92.5/92.7	\$975/4,170	\$30/3.3	115	86	83
Poland	38,626,349	320	120,696	62	70.6/78.7	1.3	99.8/99.7	\$4,894/10,560	\$289/6.1	220	N/A	N/A
Turkey	68,893,918	229	301,304	67	67.9/72.2	2.4	94.3/78.7	\$2,638/6,390	\$109/5.0	123	82	90
USA	293,027,571	79	3,717,727	80	74.6/79.8	2.1	97.0/97.0	\$36,006/35,750	\$4,887/13.9	279	100	100

* includes 1,371,324 non-nationals. † population > 25 years with DM type 2. ‡ on U.S. Navy base. ** n/a together. <10%

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	Caloric Intake (daily, per capita, kcal)	Caloric Supply from Animal Products (daily, per capita, kcal)	Under-nourished (percent, 2001)	Overweight (percent, male/female)	Obese (percent, male/female)	Diabetics (percent, age 20 years and older)	Human Development Report Index	Number of McDonald's	Meat Consumption (annual, per capita, lbs.)	Sugar and Sweetener Supply (annual per capita, lbs.)	Alcohol Consumption (annual per capita total, qts.)	Cigarette Consumption (annual per capita total)	Smokers (percent, age 15 and older, male/female)
Australia	3,054	1,032	N/A	69.7/60.2	21.2/22.5	6.8	94.6	726	207.00	106.04	10.87	1,907	30.7/23.1
Bhutan	N/A	N/A	N/A	34.0/44.7	5.3/13.1	3.5	53.6	0	6.60	N/A	0.60	N/A	N/A
Bosnia	2,894	391	8	56.6/51.0	13.8/21.5	3.8	78.1	0	47.08	73.04	6.70	N/A	54.6/31.5
Chad	2,114	140	34	10.4/17.1	0.3/1.3	2.8	37.9	0	31.46	17.60	0.21	160	19.7/3.1
China	2,951	618	11	27.5/22.7	1.0/1.5	2.4	74.5	546	115.28	15.84	5.45	1,791	58.9/3.6
Cuba	3,152	387	11	55.2/57.0	12.3/20.7	6.0	80.9	1‡	70.84	137.06	3.61	1343	48.8/28.5
Ecuador	2,754	502	4	40.2/50.9	6.1/15.4	4.8	73.5	10	99.00	105.82	1.73	232	31.9/7.4
Egypt	3,338	255	3	64.5/69.7	22.0/39.3	7.2	65.3	40	49.50	65.78	0.47	1,275	47.9/1.8
France	3,654	1,357	N/A	44.1/33.4	7.2/6.1	3.9	93.2	973	222.42	88.00	14.07	2,058	42.6/33.9
Germany	3,496	1,070	N/A	63.7/53.6	19.7/19.2	4.1	92.5	1,211	180.62	97.24	13.17	1,702	39.0/30.9
Great Britain	3,412	1,043	N/A	62.5/58.8	18.7/21.3	3.9	93.6	1,110	175.12	96.14	10.19	1,748	34.6/34.4
Greenland	N/A	N/A	N/A	35.0/33.0	16.0/22.0	N/A†	N/A	0	250.36	80.74	12.89	N/A	N/A**
Guatemala	2,219	204	25	53.2/61.1	13.1/25.0	2.7	64.9	38	52.36	90.64	2.02	609	24.5/3.7
India	2,459	189	21	15.0/13.7	0.9/1.1	5.5	59.5	46	11.44	54.34	1.07	129	34.6/3.4
Italy	3,671	952	N/A	51.9/37.8	12.2/12.2	9.2	92.0	329	198.88	68.64	9.67	1,901	37.9/29.7
Japan	2,761	572	N/A	25.3/18.6	1.5/1.5	6.7	93.8	3,891	96.58	64.68	5.83	3,023	52.5/12.4
Kuwait	3,010	525	4	69.5/76.6	29.6/49.2	9.8	83.8	37	132.44	77.88	0.11	3,026	35.7/2.7
Mali	2,174	208	21	12.8/26.1	0.4/3.4	2.9	32.6	0	41.80	22.44	0.29	233	26.9/4.7
Mexico	3,145	611	5	64.6/65.6	20.3/31.6	3.9	80.2	261	128.92	109.12	4.24	754	36.5/14.3
Mongolia	2,249	894	38	46.0/65.8	5.2/24.6	2.5	66.8	0	239.36	28.38	2.40	N/A	46.2/7.3
Philippines	2,379	373	22	21.7/25.4	1.1/2.8	7.1	75.3	236	68.42	61.82	3.50	1,849	59.6/13.8
Poland	3,374	882	N/A	50.7/44.3	12.9/18.0	4.1	85.0	200	171.82	99.44	8.74	2,061	51.5/27.9
Turkey	3,357	318	3	47.9/65.4	10.8/32.1	7.3	75.1	81	42.46	56.76	1.66	2,394	51.1/18.5
USA	3,774	1,047	N/A	72.2/69.8	32.0/37.8	8.8	93.9	13,491	274.56	158.18	9.58	2,255	27.8/23.2