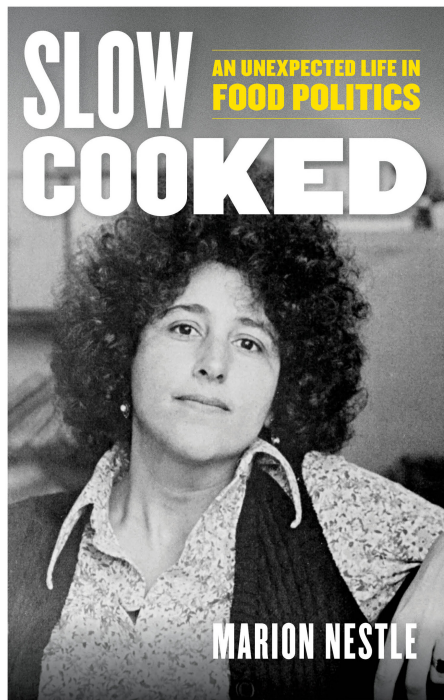


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## Slow Cooked

An Unexpected Life in Food Politics

MARION NESTLE

"Marion Nestle is one of my heroes. After reading her riveting memoir, I admire her more than ever. She is one of the most important voices in the food world, and in this book she gets personal for the first time."—Ruth Reichl, former editor of *Gourmet* magazine

"Marion Nestle is a national treasure, and now you can learn how she came to be. Just like Nestle herself, this beautiful memoir is thoughtful, generous, unstinting, and deeply committed to learning from the past to build a better world."—Raj Patel, author of *Stuffed and Starved: The Hidden Battle for the World Food System*

"I have always had such admiration for Marion Nestle: she is one of our nation's shrewdest thinkers and has transformed the way all of us think about public health, the industrial food industry, nutrition, and the future of food. With this extraordinary book, I see for the first time how she became the clear-eyed, indefatigable warrior that she is. Her radical self-reflection and honesty are deeply moving—and in telling her life's story, Marion is forging a path for the next generation of food activists."—Alice Waters, chef, author, food activist, and founder of Chez Panisse restaurant

"Marion Nestle is a brilliant, courageous champion of healthy food, social justice, and scientific integrity. This poignant and inspiring book tells us how she came to be that way."—Eric Schlosser, author of *Fast Food Nation: The Dark Side of the All-American Meal*

"Extraordinary! Marion Nestle's story moves me, heart and soul. I have long admired her leadership in awakening us to the crisis of our corporate-corrupted food system. In this work, however, she offers hope in the capacity of humans to transform obstacles and denigration into opportunity and dignity. She shares a gripping, very personal story that will help us discover our own courage. Just what's needed, now more than ever."—Frances Moore Lappé, cofounder of Small Planet Institute

**Marion Nestle reflects on her late-in-life career as a world-renowned food politics expert, public health advocate, and a founder of the field of food studies after facing decades of low expectations.**

In this engrossing memoir, Marion Nestle reflects on how she achieved late-in-life success as a leading advocate for healthier and more sustainable diets. *Slow Cooked* recounts of how she built an unparalleled career at a time when few women worked in the sciences, and how she came to recognize and reveal the enormous influence of the food industry on our dietary choices.

By the time Nestle obtained her doctorate in molecular biology, she had been married since the age of nineteen, dropped out of college, worked as a lab technician, divorced, and become a stay-at-home mom with two children. That's when she got started. *Slow Cooked* charts her astonishing rise from bench scientist to the pinnacles of academia, as she overcame the barriers and biases facing women of her generation and found her life's purpose after age fifty. *Slow Cooked* tells her personal story—one that is deeply relevant to everyone who eats, and anyone who thinks it's too late to follow a passion.

**Marion Nestle** is the Paulette Goddard Professor of Nutrition, Food Studies, and Public Health, Emerita, at New York University and author of a wide range of books about the politics of food, nutrition, health, and the environment.

294 pp. 6 x 9 Illus: 30 b/w illustrations  
9780520384156 \$29.95 | £24.00 Cloth October 2022

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