

Mark Bittman

Quotes

Years, Meat, Animal, Junk, Thinking, Way, Alternatives, Green, Nice, Self, Heart, Running, Collaboration, Monday, Vegan, Short Memory, Sacrifice, Evil, Environmental, Cereal

I got into cooking out of self-defense.

~Mark Bittman

This evidence is overwhelming at this point. You eat more plants, you eat less other stuff, you live longer.

~Mark Bittman

We need real farmers who grow real food, and the will to reform a broken food system. And for that, we need not only to celebrate farmers, but also to advocate for them.

~Mark Bittman

People need help to change the way they eat... this is what government is for in my opinion.... We should make food an issue for everyone who runs for office.

~Mark Bittman

I'll never stop eating animals, I'm sure, but I do think that for the benefit of everyone, the time has come to stop raising them industrially and stop eating them thoughtlessly

~Mark Bittman

Anyone can cook, and most everyone should.

~Mark Bittman

The truly healthy alternative to that chip is not a fake chip; it's a carrot.

~Mark Bittman

1 billion people in the world are chronically hungry. 1 billion people are overweight.

~Mark Bittman

Your 'Pringle' contains 30% potato, that yoghurt has the same amount of sugar as ice cream, that whole grain cereal bar may be no better for

you than a snickers.

~Mark Bittman

Junk food companies are acting very much like tobacco companies did 30 years ago.

~Mark Bittman

It's good to have a short memory because it keeps life fresh.

~Mark Bittman

The current health crisis, however, is a little more the work of the evil empire. We were told, we were assured, that the more meat and dairy and poultry we ate, the healthier we'd be

~Mark Bittman

If you're a progressive, if you're driving a Prius, or you're shopping green or you're looking for organic, you should probably be a semi-vegetarian.

~Mark Bittman

We need to demonise soda, the way we've demonised cigarettes.

~Mark Bittman

Keeping some calorie-dense food in your diet-whether it is meat, pasta, beer, or cake-allows you to reach satiety more quickly and easily. And this will keep you from feeling deprived.

~Mark Bittman

Vegan or not, gluten-free or not, Erin McKenna's donuts are the best I've had in 20 years, without exception.

~Mark Bittman

We are already eating less animal foods since a few years ago, but we are still eating 8-9 billion animals per year.

~Mark Bittman

I live full-time in the world of omnivores, and I've never wanted to leave. But the Standard American Diet (yes, it's SAD) got to me as it gets to almost everyone in this country.

~Mark Bittman

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