



THE PROTEIN REVOLUTION
Saving the Planet One Meal at a Time
Sylvain Charlebois

The reign of animal protein is well and truly drawing to a close, but the future will be both delicious and surprising!

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Our love of meat is nothing new. For millions of years, human beings have been eating animal proteins, which helped them to survive. Animal meat is part of the cultural heritage in many countries and has played a key role in our festive celebrations and get-togethers with friends or family. Each table setting had its piece of meat, and every meal on the go had its sandwich. Those were the good old days!

However, let's put these meaty memories behind us, for the exclusive reign of animal protein really is drawing to a close. As inhabitants of an Earth weakened by our consumption habits, including our food habits, it's time we re-examined our approaches, our preferences and, above all, our responsibilities. We no longer have a choice, now that there are so many challenges facing us: environment and climate change, animal welfare, human health, food security and affordability... Who would ever have thought that all of these concerns would one day be found at the end of our forks?

The world really is changing, and so is what we put on our plates. Researcher and professor Sylvain Charlebois has for years been interested in major dietary trends. In this book, he paints a picture of our festive meals, both past and future. Whether it's seitan, insects, algae or proteins created in a lab, you'll discover what our dietary future holds. No, this is not science fiction!

STRONG POINTS

- A surprising book on the future of the human diet!
- An essay for the general public that does not try to moralize.
- A critical and constructive approach to our relationship to animal proteins.
- Presentation of vegetable and synthetic protein sources.
- The author is known worldwide.

Subjects: protein, meat, consumption, diet, environment, climate change, health, food security, affordability, animal welfare

Sylvain Charlebois is an omnivore. He is also a professor of food distribution and policy in the management and agriculture faculties at Dalhousie University in Halifax. Nicknamed the "Food Professor", he studies the vast fields of food distribution and security. He is one of the academics most quoted in the fields of food supply chain, food value chain, and traceability management. His research has been published in many journals and in media around the world.