



# Tasting Food, Tasting Freedom: Excursions into Eating, Power, and the Past

By Sidney Mintz

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A renowned anthropologist explores the history and meaning of eating in America.

Addressing issues ranging from the global phenomenon of Coca-Cola to the diets of American slaves, Sidney Mintz shows how our choices about food are shaped by a vast and increasingly complex global economy. He demonstrates that our food choices have enormous and often surprising significance.

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### **Editorial Review**

#### **Amazon.com Review**

Sidney Mintz, a professor of anthropology at Johns Hopkins University examines how foods such as sugar, alcohol, chocolate, and tea, once limited to the rich and powerful, became accessible to the general populace, and how companies such as Coca Cola gained international recognition--exporting their products to even the most remote regions of the world. In his final essay, "Eating American," Mintz discusses the nation's obsession with fitness and diet and our progressive weight gain. He also provides an apocalyptic view of the future--predicting a doubling of the nation's population by 2064, and a loss of more than 180 million acres of arable land through erosion and urbanization.

#### **From Publishers Weekly**

In this collection of scholarly essays, some of which have been published previously, Mintz (Sweetness and Power) examines aspects of the intricate relationship between food and human culture. In several interesting articles, he discusses the symbolic power of food as shown by the case of Africans, who though forcibly transplanted to the Caribbean in colonial times, succeeded in creating a cuisine for themselves and their masters, even under the oppressive conditions of slavery. Mintz traces the complex rivalry between honey and sugar as the primary sweeteners and how the ascendancy of sugar was tied to economic development in Europe. In one controversial piece, Mintz argues that there is no such thing as an American cuisine.

According to the author, although patterns of immigration peculiar to the U.S. have resulted in regional diets, a national cuisine that is cooked, eaten and talked about has not evolved (yet).

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#### **From Library Journal**

Mintz has drawn on his academic training as an anthropologist, his father's interest in food, and his mother's interest in politics to produce this relatively short yet scholarly analysis of "what modern life has meant, in relation to food." His central thesis is that food is an essential fulcrum in the leverage of power. He examines history, eating rituals, cuisine, and cultural behavior, convincingly extracting supporting evidence. Eight eclectic chapters resembling meditations consider slavery, power, sugar and sweets, and the concept of cuisine in general and an American cuisine in particular. Because Mintz wrote each chapter at different times, there is a somewhat patchwork quality to the book, but that is more a matter of style than content; readers curious about food history and anthropology, world hunger, and our own eating habits will find valuable information here. Wendy Miller, Lexington P.L., Ky.

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### **Users Review**

#### **From reader reviews:**

#### **Freddie Patton:**

This Tasting Food, Tasting Freedom: Excursions into Eating, Power, and the Past book is not really ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is actually information inside this book incredible fresh, you will get details which is getting deeper you read a lot of information you will get. That Tasting Food, Tasting Freedom: Excursions into Eating, Power, and the Past without we understand teach the one who reading through it become critical in contemplating and analyzing.

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People live in this new day time of lifestyle always try to and must have the free time or they will get wide range of stress from both lifestyle and work. So , whenever we ask do people have time, we will say absolutely yes. People is human not a robot. Then we ask again, what kind of activity do you have when the spare time coming to a person of course your answer will unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, typically the book you have read is actually Tasting Food, Tasting Freedom: Excursions into Eating, Power, and the Past.

**William Stewart:**

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**Lynn Lambert:**

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