

# ben jerry's vegan

**ben jerry's vegan** ice cream has revolutionized the frozen dessert market by offering delicious, plant-based options that cater to a growing demographic of consumers seeking dairy-free alternatives. As awareness about veganism and lactose intolerance increases, Ben & Jerry's has responded by crafting a diverse range of vegan flavors that do not compromise on taste or texture. This article explores the variety of Ben & Jerry's vegan offerings, the ingredients used, their commitment to ethical sourcing, and how these products fit into broader dietary trends. Additionally, the article will cover where to find these vegan options and how they compare to traditional ice creams. With a focus on both environmental sustainability and customer satisfaction, Ben & Jerry's vegan line exemplifies innovation in the ice cream industry.

- Ben & Jerry's Vegan Flavor Range
- Ingredients and Nutritional Information
- Ethical and Environmental Commitments
- Availability and Purchasing Options
- Comparing Ben & Jerry's Vegan to Traditional Ice Cream

## Ben & Jerry's Vegan Flavor Range

Ben & Jerry's vegan selection has expanded significantly since its initial introduction, offering a variety of flavors that appeal to both vegans and those simply seeking dairy-free options. These flavors are crafted to replicate the creamy and indulgent experience of traditional ice cream, utilizing innovative plant-based ingredients. The range includes both classic fan favorites and unique creations that embody the brand's playful and creative spirit.

## Popular Vegan Flavors

Among the most popular options are flavors such as "Chunky Monkey," "Chocolate Fudge Brownie," and "Peanut Butter & Cookies." Each flavor is formulated without any animal-derived ingredients, ensuring they meet vegan dietary requirements while maintaining rich taste profiles. The brand continues to introduce seasonal and limited-edition vegan flavors to keep the lineup fresh and exciting.

## Flavor Variety and Innovation

Ben & Jerry's vegan ice cream is not limited to just chocolate and vanilla bases; it includes diverse profiles such as coffee, mint, and fruit-infused varieties. This variety caters to a wide audience, from traditional ice cream lovers to adventurous consumers exploring new tastes. The brand's innovation

in vegan formulations demonstrates its commitment to inclusivity and quality.

## Ingredients and Nutritional Information

Ben & Jerry's vegan products are crafted with carefully selected plant-based ingredients designed to deliver creaminess, flavor, and nutritional balance. The primary bases are almond milk, oat milk, and sunflower butter, which serve as alternatives to dairy milk while providing a smooth texture.

### Key Plant-Based Ingredients

- **Almond Milk:** Provides a light and creamy base with subtle nutty notes.
- **Oat Milk:** Known for its rich texture and natural sweetness, enhancing the creaminess of the ice cream.
- **Sunflower Butter:** Adds a rich and buttery flavor while being allergen-friendly.
- **Cocoa and Natural Flavors:** Used to create rich chocolate and other flavor profiles without artificial additives.
- **Plant-Based Sweeteners:** Such as organic cane sugar or agave syrup for balanced sweetness.

### Nutritional Aspects

Ben & Jerry's vegan ice creams are designed to offer similar caloric and fat contents to their dairy counterparts, with some variations due to the different fat profiles of plant-based ingredients. Many flavors contain a good source of dietary fiber and are free from cholesterol, aligning with heart-healthy eating patterns. However, consumers are advised to review specific nutritional labels, especially if they have dietary restrictions or preferences.

### Ethical and Environmental Commitments

Ben & Jerry's vegan line aligns with the company's broader mission of social and environmental responsibility. By expanding their plant-based options, Ben & Jerry's reduces reliance on dairy farming, which is associated with higher greenhouse gas emissions and water usage.

### Animal Welfare and Vegan Certification

All Ben & Jerry's vegan products are certified vegan, ensuring no animal products or by-products are used in the manufacturing process. This commitment supports animal welfare by providing consumers with guilt-free indulgence options that do not involve animal exploitation.

## **Sustainability Initiatives**

The company actively pursues sustainability through sourcing non-GMO ingredients, supporting fair trade practices, and minimizing carbon footprints. Plant-based ice creams require fewer natural resources compared to traditional dairy products, making Ben & Jerry's vegan line a more environmentally sustainable choice for eco-conscious consumers.

## **Availability and Purchasing Options**

Ben & Jerry's vegan ice cream is widely available across the United States and in many international markets. The brand has strategically placed these products in grocery stores, supermarkets, and select convenience retailers to maximize accessibility.

## **Retail Locations**

Major retailers such as Whole Foods, Trader Joe's, and national supermarket chains stock Ben & Jerry's vegan pints. Additionally, many local health food stores carry these options to meet demand within niche markets focused on plant-based living.

## **Online and Delivery Services**

Consumers can purchase Ben & Jerry's vegan ice cream through various online grocers and delivery platforms, which offer convenience and ensure the product remains frozen during transport. This has been especially important to reach customers in regions without physical store access to vegan options.

## **Comparing Ben & Jerry's Vegan to Traditional Ice Cream**

Ben & Jerry's vegan ice cream stands out by providing an experience that closely mimics traditional ice cream while offering the benefits of a plant-based diet. The texture, flavor complexity, and mouthfeel have been optimized through extensive research and development.

## **Texture and Flavor Profile**

Unlike many early vegan ice creams that were icy or grainy, Ben & Jerry's vegan line is known for its creamy and smooth consistency. This is achieved through the use of high-quality plant fats and emulsifiers that replicate the richness of dairy fat. The flavor profiles are robust and layered, often incorporating chunks, swirls, and inclusions typical of Ben & Jerry's signature style.

## **Health and Dietary Considerations**

While both traditional and vegan ice creams can be indulgent treats, the vegan options are free from lactose and cholesterol, making them suitable for individuals with lactose intolerance or those monitoring cardiovascular health. Vegan ice creams also cater to people avoiding animal products for ethical, environmental, or health reasons.

## **Consumer Reception and Market Trends**

The rising popularity of Ben & Jerry's vegan products reflects broader consumer trends favoring plant-based and sustainable food choices. Market data shows increased sales in the vegan ice cream segment, highlighting the success of Ben & Jerry's in balancing taste with ethical innovation.

## **Frequently Asked Questions**

### **What flavors does Ben & Jerry's offer in their vegan ice cream line?**

Ben & Jerry's offers several vegan ice cream flavors including Chocolate Fudge Brownie, Chunky Monkey, P.B. & Cookies, and Caramel Almond Brittle, all made with non-dairy ingredients like almond milk or sunflower butter.

### **Are Ben & Jerry's vegan ice creams certified dairy-free?**

Yes, Ben & Jerry's vegan ice creams are certified dairy-free and are made without any animal milk products, suitable for those following a vegan diet.

### **Where can I buy Ben & Jerry's vegan ice cream?**

Ben & Jerry's vegan ice cream is available at many grocery stores, supermarkets, and online retailers across the U.S. and internationally. Check their website for specific store locators.

### **Is Ben & Jerry's vegan ice cream gluten-free?**

Many of Ben & Jerry's vegan ice cream flavors are gluten-free, but some contain ingredients like cookie pieces that have gluten. It's important to check the packaging for gluten-free certification and ingredient lists.

### **How does Ben & Jerry's make their vegan ice cream creamy without dairy?**

Ben & Jerry's uses plant-based milk alternatives like almond milk and sunflower butter to create a creamy texture that mimics traditional dairy ice cream in their vegan varieties.

## Does Ben & Jerry's support environmental or social causes with their vegan products?

Yes, Ben & Jerry's promotes sustainability and animal welfare through their vegan line, reducing dairy-related environmental impacts and supporting ethical sourcing and fair trade ingredients.

## Additional Resources

### 1. *Ben & Jerry's Vegan Revolution: Ice Cream for a Better World*

This book delves into the inspiring story behind Ben & Jerry's transition into vegan ice cream. It explores the company's commitment to sustainability, ethical sourcing, and plant-based innovation. Readers will discover recipes, behind-the-scenes insights, and the positive environmental impact of choosing vegan options.

### 2. *The Ultimate Vegan Ice Cream Guide: Inspired by Ben & Jerry's*

A comprehensive guide to making delicious vegan ice cream at home, inspired by the flavors and creativity of Ben & Jerry's. This book includes step-by-step recipes, tips for choosing plant-based ingredients, and advice on achieving the perfect creamy texture without dairy.

### 3. *Ben & Jerry's Scoop on Veganism: A Plant-Based Journey*

Explore Ben & Jerry's journey toward embracing veganism, highlighting the challenges and triumphs of creating plant-based products. The book discusses the broader vegan movement and how popular brands are influencing consumer choices towards more ethical diets.

### 4. *Vegan Treats: Ben & Jerry's Inspired Desserts for Everyone*

This cookbook offers a variety of vegan dessert recipes inspired by Ben & Jerry's iconic ice cream flavors. From cookies to brownies and sundaes, each recipe is crafted to be both delicious and accessible for home cooks aiming for cruelty-free treats.

### 5. *Ben & Jerry's and the Rise of Vegan Ice Cream Culture*

An insightful look at how Ben & Jerry's helped popularize vegan ice cream and contributed to the rise of plant-based dessert culture. The book combines history, market trends, and consumer stories to paint a picture of the evolving ice cream industry.

### 6. *Plant-Based Pleasures: The Ben & Jerry's Vegan Edition*

Celebrate indulgence without compromise with this collection of vegan ice cream recipes and stories from Ben & Jerry's creators. The book emphasizes the use of natural, wholesome ingredients and the importance of environmental stewardship in food production.

### 7. *The Sweet Scoop: Ben & Jerry's Vegan Recipes and Sustainability*

This book connects the dots between delicious vegan ice cream recipes and Ben & Jerry's sustainability initiatives. It highlights how plant-based choices contribute to reducing carbon footprints while satisfying sweet cravings.

### 8. *Ben & Jerry's Vegan Flavor Innovation: A Culinary Exploration*

Discover the creative process behind Ben & Jerry's vegan flavor development. The book offers interviews with flavor scientists, recipe experimentation, and a deep dive into the challenges of replicating classic ice cream textures using plant-based ingredients.

9. *Frozen Delights: Vegan Ice Cream and Treats Inspired by Ben & Jerry's*  
A vibrant collection of recipes and stories celebrating vegan frozen desserts inspired by Ben & Jerry's most popular flavors. It includes tips for ingredient substitutions, presentation ideas, and suggestions for pairing vegan ice cream with other plant-based treats.

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**ben jerry s vegan: The Complete Idiot's Guide to Being Vegetarian** Frankie Avalon Wolfe, 2000 A guide to a vegetarian lifestyle explains the different types of vegetarianism and how to get essential nutrients while not eating meat, and offers substitutions for favorite meat dishes.

**ben jerry s vegan: The Complete Idiot's Guide to Being Vegetarian, 3rd Edition** Frankie Avalon Wolfe M.H., Ph.D., 2007-12-04 Time to veg out! This updated and revised guide to the joys of vegetarianism features—for the first time—75 delicious recipes! You will learn how to prepare and savor main dishes and sides, smoothies, breakfasts, snacks, and more. A great introduction to the vegetarian lifestyle, this edition has tips on changing eating habits as painlessly as possible and covers the health and psychological aspects of going “veg.”

**ben jerry s vegan: The VegNews Guide to Being a Fabulous Vegan** Jasmin Singer, VegNews Magazine, 2020-12-15 Go vegan the fabulous way with this helpful guide from an editor of VegNews, an award-winning vegan media outlet. Maybe you're interested in it for the food, maybe it's the animals, or maybe climate change has got you thinking. Whatever your reason, maybe you don't quite know where to start. After all, doesn't going vegan mean you have to give up tasty snacks, cool shoes, a sense of humor, and your leather couch? (Nope, nope, no way, well . . . eventually.) Covering everything from nutrition (you will get enough protein, promise) to dating (vegans have better sex. It's true) to fitness (you want to lift a car over your head? Sure), Jasmin Singer and the team at VegNews bust all the myths and give you all the facts about a plant-based lifestyle. With 30 easy recipes to get you started, *The VegNews Guide to Being a Fabulous Vegan* will help you adopt a lifestyle that's better for you, the animals, and the planet. And what's more fabulous than that?

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**ben jerry s vegan: The 30-Day Vegan Meal Plan for Beginners** Eddie Garza, Lauren Pitts,

2021-02-09 A delicious, doable vegan meal plan with dietician-approved recipes Make it simple to serve up flavorful foods you can feel good about. The 30-Day Vegan Meal Plan for Beginners is the ultimate starter guide, offering 100 recipes and a monthlong plan for adopting a vegan diet. Empower yourself with this vegan cookbook featuring a professionally curated menu that's healthier for you and the world around you. This top choice among vegan cookbooks includes: Hearty, varied meals—Discover recipes packed with wholesome ingredients like vegetables, beans, tofu, nuts, and whole grains sure to leave you satisfied. Vegan basics—Get a crash course in exactly what veganism means as well as how it can help you, animals, and the planet. Easy shopping—Weekly grocery lists and handy tips for shopping vegan ensure you always have the right ingredients on hand. Go beyond other vegan cookbooks with recipes and a meal plan that make it easy and delicious to eat plant-based.

**ben jerry s vegan: The Vegan Way** Jackie Day, 2016-10-25 "Writing in a playful and upbeat fashion, Day guides her readers through a day-by-day approach to living vegan... For those interested in becoming acquainted with "the vegan way," this book marvelously succeeds." - Publishers Weekly I only wish I had had this book decades ago! - Moby This goes well beyond diet ... This book is a comprehensive guide to anyone looking to switch to a plant-based life. - Booklist The Vegan Way is like having a friendly non-judgmental vegan friend by your side to help you every step of the way as you blossom into a happier, healthier being. So inspiring! - Pamela Anderson The VeganWay is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, My Vegan Journal. A lifestyle guide that's a real game-changer, The Vegan Way is for those who are intimidated by going vegan overnight, but don't want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for going vegan—being as healthy as you can be, being compassionate to animals, and respecting our planet—Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. The Vegan Way is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

**ben jerry s vegan: Vegan in 30 Days** Sarah A. Taylor, 2010-11-09 This is the perfect guide for anyone who has heard about the vegan diet, may even know people who follow it, and would like to try it for themselves. Their reason for switching to a vegan diet may be to lose weight, prevent or reverse disease, have more energy, save thousands of animals from suffering and death, and/or drastically reduce one's carbon footprint on the earth. Sarah gives you a step-by-step program from Day 1 through Day 30 to help make the transition to a completely plant-based diet follow a natural progression and do so in a manner that emphasizes good health. You'll find no vegan junk foods here. This program is also completely flexible and up to the individual. For some people, one of the steps could take a few weeks or they'll find a few other steps can be done on the same day. The most important thing to ensure success is to make the commitment to be working on a step every single day and not be conceptual about how long each step must take. Filled with incredible insight and dozens of practical tips, and sample recipes, Vegan in 30 Days will make sure that they reach their goal of becoming vegan in a healthful, fun and successful way!

**ben jerry s vegan: Cool Food** Robert Downey Jr., Thomas Kostigen, 2024-01-23 AN INSTANT NEW YORK TIMES AND USA TODAY BESTSELLER In Cool Food, celebrated actor and philanthropist Robert Downey Jr. and New York Times bestselling author Thomas Kostigen team up to discover how we can erase our carbon footprints—one bite at a time. What we eat matters—to us, and to the planet. Cool food is a game-changing new food category and way of thinking that can help fix the climate. This engaging and persuasive book will show you how to make simple choices,

starting today—in the supermarket, in your kitchen, and in the world—to reduce your environmental impact. Hundreds of cool foods exist, but until now have gone largely uncelebrated for their climate-positive powers. Some of these foods may already be on your shelf, and some are just on the horizon. But cool food is much more than just a shopping list: it's a way of life vitally important to our future. Packed with eye-opening information, actionable items, and two dozen delicious recipes, *Cool Food* comes alive with engaging storytelling and refreshing humor. Robert and Tom have talked with experts around the globe—from farmers who are pioneering new pathways to more sustainable food, to cutting-edge, climate-friendly chefs. In seeking answers to what each of us can do, this intrepid duo discovered: the power of ancient grains; revolutionary farming techniques that create more sustainable foods; the unexpected benefits of meal kits; future foods that are made of thin air; delicious and different recipes that do the world good, and much more. What we choose to eat, where we shop, and how we plan our meals are daily choices that can have a wide impact on the world, whether we realize it or not. We have the power with each one of our daily purchases and our individual food habits to encourage a healthier and more sustainable food system for everyone. Join Robert and Tom on this fun, exciting, and enlightening adventure and learn how to become part of the Cool Food revolution.

**ben jerry s vegan: The Sweetest Scoop** Lisa Robinson, 2022-05-10 *The Sweetest Scoop* is a picture book biography of the entrepreneurial activist duo behind Ben & Jerry's Ice Cream and their rocky road to success, from author Lisa Robinson and award-winning illustrator Stacy Innerst. *Chunky Monkey*. *Cherry Garcia*. *Truffle Kerfuffle*. Legendary ice cream makers Ben & Jerry are behind some of the wackiest, tastiest flavors we know and love. It all began when two groovy guys, Ben Cohen and Jerry Greenfield, met when they were 12 years old. Ben liked art, Jerry liked science, and they both loved food . . . especially ice cream! They started a business together, and with no idea how to actually make ice cream, they made it happen with teamwork, determination, and an appetite for fun and experimentation. When the doors of Ben & Jerry's Homemade ice cream shop finally opened, crowds flocked. But the pair would still have a rocky road ahead—and ambitious activist goals to fulfill. Chock-full of facts and humor, this entertaining biography about two hardworking partners living their Americone Dream gives readers plenty to chew on. Through their inventiveness, passion, and activism, Ben & Jerry dreamed of making the world a better, more delicious place—one scoop at a time. "The Sweetest Scoop is a visual treat!" —Ben Cohen & Jerry Greenfield, Co-founders of Ben & Jerry's

**ben jerry s vegan: WORTH A SHOT** Sydney Straver, 2021-02-27 In *WORTH A SHOT*, Sydney Straver inspires others about a plant-based, vegan diet with easy yet tasty recipes that can be prepared during a busy week, and will enable you to sneak more veggies and fruits into your life. This book makes plant-based, vegan food a little more accessible, and features wholesome food that everyone, including meat-eaters, will love. Recipes are smartly composed so they are easy to make, nutritious for our bodies and sustainable for our planet. Sydney will show how to add more greens, superfoods and fruits into all kinds of dishes, from banana pancakes to courgette pizza. With personal anecdotes and images captured by Sydney, *WORTH A SHOT* shares modern and inspiring vegan (and gluten-free) recipes.

**ben jerry s vegan: Striking at the Roots** Mark Hawthorne, 2010-05-11 Animal activists shine a bright light into the dark recesses of factory farms, vivisection labs, fur farms, product-testing facilities and animal "training" complexes. *Striking at the Roots: A Practical Guide to Animal Activism* brings together the most effective tactics for speaking out for animals. Activists from around the globe explain why their models of activism have been successful – and how you can become involved.

**ben jerry s vegan: Living Vegan For Dummies** Cadry Nelson, 2023-12-19 Vegan diet, nutrition, and lifestyle, demystified *Living Vegan For Dummies* provides a practical look at veganism for those who have already embraced the lifestyle, for anyone who is on the fence about trying it, or for those who want to understand the choices of the vegans in their midst. You'll learn what it means to be vegan and why this animal-friendly diet is on the rise. Discover tasty vegan ingredients and easy



recipes, money-saving tips, advice for talking to people about veganism, and ideas for dealing with the skeptics. If you're ready to start transitioning to a vegan way of life, you'll love this book's simple action plans for making the switch—and making it stick. With this friendly Dummies guide, you've got answers to all your questions. Learn what veganism is, how it's different from vegetarianism, and why people choose to "go vegan" Decide whether veganism is for you and get pointers on cutting out animal products Help friends and loved ones understand your dietary and lifestyle choices Get ideas for vegan cooking, eating out, and being vegan on a budget Living Vegan For Dummies is a valuable resource for anyone who practices or is considering veganism, as well as their friends and family who want to know more about the lifestyle.

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**ben jerry s vegan: Hospitality and Travel Marketing** Alastair M. Morrison, 2022-10-27 Fully revised and updated for its fifth edition, Hospitality and Travel Marketing provides students with an international and systematic approach to hospitality and travel marketing structured around planning, research, implementation, control, and evaluation. Written in a user-friendly style and structured in a logical and organized manner to aid learning, students benefit from the ease of communication, practical nature, and excellent use of relevant and up-to-date cases. The author's global experience in the industry is emphasized through content on hospitality and travel marketing and other parts of tourism, along with a plethora of timely and relevant 'real-life' case examples from around the world. This new fifth edition is positioned as a post-COVID-19 text, reflecting the new realities of marketing after the pandemic, and has been updated to reflect these current trends in the field, including e-marketing, mobile marketing, societal marketing, and destination branding. It specifically has been updated by: • Including three new technology chapters on e-marketing, marketing on social media platforms, electronic customer relationship management (eCRM), and customer co-creation in marketing • A new chapter on social responsibility, societal and social marketing • New content on the new realities of the post-COVID era and the increasing competitiveness in hospitality and travel, greater emphasis on branding, disruptive technologies, consumer control, marketing and generations, uses of user-generated content, and globalization • New global case studies throughout with reflective questions to use in class or for self-study • New marketing and e-marketing mini cases throughout the book • New and updated additional resources to aid understanding and teaching, including PowerPoint slides This international, accessible, and comprehensive whole-industry textbook, written by a world-renowned author and industry expert, is an invaluable study companion for students of hospitality and travel marketing.

**ben jerry s vegan: Practical Fueling for Endurance Athletes** Kylee Van Horn, 2025-02-17 Endurance requires more than physical training. You need to fuel your body to optimize your training and be at your best on event day. Practical Fueling for Endurance Athletes delivers the practical, science-based information and strategies you need for long-term health and superior performance in your sport. Kylee Van Horn—registered dietitian, endurance athlete, and coach—will help you navigate the challenges of endurance sports with the following: Essential nutrition concepts that aren't directed at weight loss The smart use of supplements Strategies for developing your ideal personal nutrition plan Unique nutrient needs of female athletes, including during pregnancy and menopause Plant-based fueling Special dietary needs Planning meals and snacks You'll learn to design, test, and implement sport-specific nutrient intake for before, during, and after your workout or event to ensure your body has the right amount of energy at the right time. Throughout, you will find checklists, charts, and 28 easy-to-make recipes to help you take in adequate and appropriate nutrients for your unique needs. Get inspiration from the stories and strategies shared by endurance athletes such as Camille Herron, Sage Canaday, Nicole Mericle, and many others, showcasing how their nutrition plans fueled their success. No matter what endurance sport you train for—running,

cycling, swimming, skiing, rowing, obstacle course racing, or something else—Practical Fueling for Endurance Athletes will equip you to reach your next personal best!

**ben jerry s vegan: History of Vegetarianism and Veganism Worldwide (1970-2022)**

William Shurtleff; Akiko Aoyagi, 2022-03-10 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 48 photographs and illustrations - mostly color. Free of charge in digital PDF format.

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BESTSELLER FROM THE LEADING GUT-HEALTH EXPERT, FOUNDER OF ZOE AND AUTHOR OF FOOD FOR LIFE \* As seen on ITV's LORRAINE and heard on THE DIARY OF A CEO \* This ground-breaking exploration debunks food myths, from what we should be eating for breakfast to whether we should really avoid ultra-processed foods. Is breakfast really the most important meal of the day? Is there any point in counting calories? Is there any evidence that coffee is bad for us? Through his pioneering research, Professor Tim Spector busts these and many other myths about food. Spoon-Fed explores the scandalous lack of good science behind many diet plans, official recommendations, miracle cures and ultra-processed foods, and encourages us to rethink our whole relationship with food - not just for our health as individuals, but for the future of the planet. 'Hugely enjoyable' Michael Mosley 'Illuminating and so incredibly timely' Yotam Ottolenghi 'This book should be available on prescription' Felicity Cloake 'Will actually help you decide what to add to your next grocery shop' Bee Wilson, Guardian Go with your gut. Join the food revolution. \*\*Tim Spector's number 1 bestselling Food for Life: Your Guide to the New Science of Eating Well is now available in paperback\*\* \*\*ORDER THE FOOD FOR LIFE COOKBOOK, OUT NOW\*\*

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