

CONTENTS

1 /	WHAT PROTEIN SHORTAGE?	11
2 /	THE CINDERELLA BEAN	32
3 /	SOYBEANS, ORIENTAL STYLE	54
4 /	THE MUSICAL FRUIT	72
5 /	A PRACTICALLY PERFECT CEREAL	91
6 /	IT AIN'T (JUST) HAY	112
7 /	COTTONBURGERS, PEANUT FLAKES, AND CORN-GERM CANDY	128
8 /	STRANGE PROTEIN	146
9 /	SCP: PROMISES, PROMISES	167
10 /	BEEF LOVE	188
11 /	FROM GARBAGE PAIL TO DINNER TABLE	208
12 /	PASS THE MUSSEL-STUFFED SQUID, PLEASE	228
13 /	EATING THE UNTHINKABLE	250
14 /	A CHANGE IN DIET?	267
	SUGGESTED READING	285
	MORE HELP	291
	INDEX	293