

The Years That Were Fat: A Must-Read for History Buffs and Foodies Alike

In the years following World War II, America experienced an unprecedented period of economic growth and prosperity. This era, known as the "Golden Age of American Capitalism," was marked by a dramatic increase in the production and consumption of food. The average American diet became richer, more разнообразный, and more convenient than ever before.



The Years That Were Fat: The Last of Old China

by Rocio Cadena

★★★★☆ 4.4 out of 5

Language : English

File size : 2756 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 288 pages



The Years That Were Fat is a fascinating and comprehensive history of this transformative period in American food culture. Drawing on a wealth of archival research and interviews with key figures, author Susan Williams chronicles the rise of the supermarket, the development of new food technologies, and the changing role of women in the kitchen. She also explores the ways in which food became a powerful symbol of national identity and prosperity.

Williams's writing is lively and engaging, and she is adept at weaving together personal stories, cultural analysis, and historical context. The result is a book that is both informative and entertaining. *The Years That Were Fat* is a must-read for anyone interested in the past, present, and future of food.

Praise for *The Years That Were Fat*

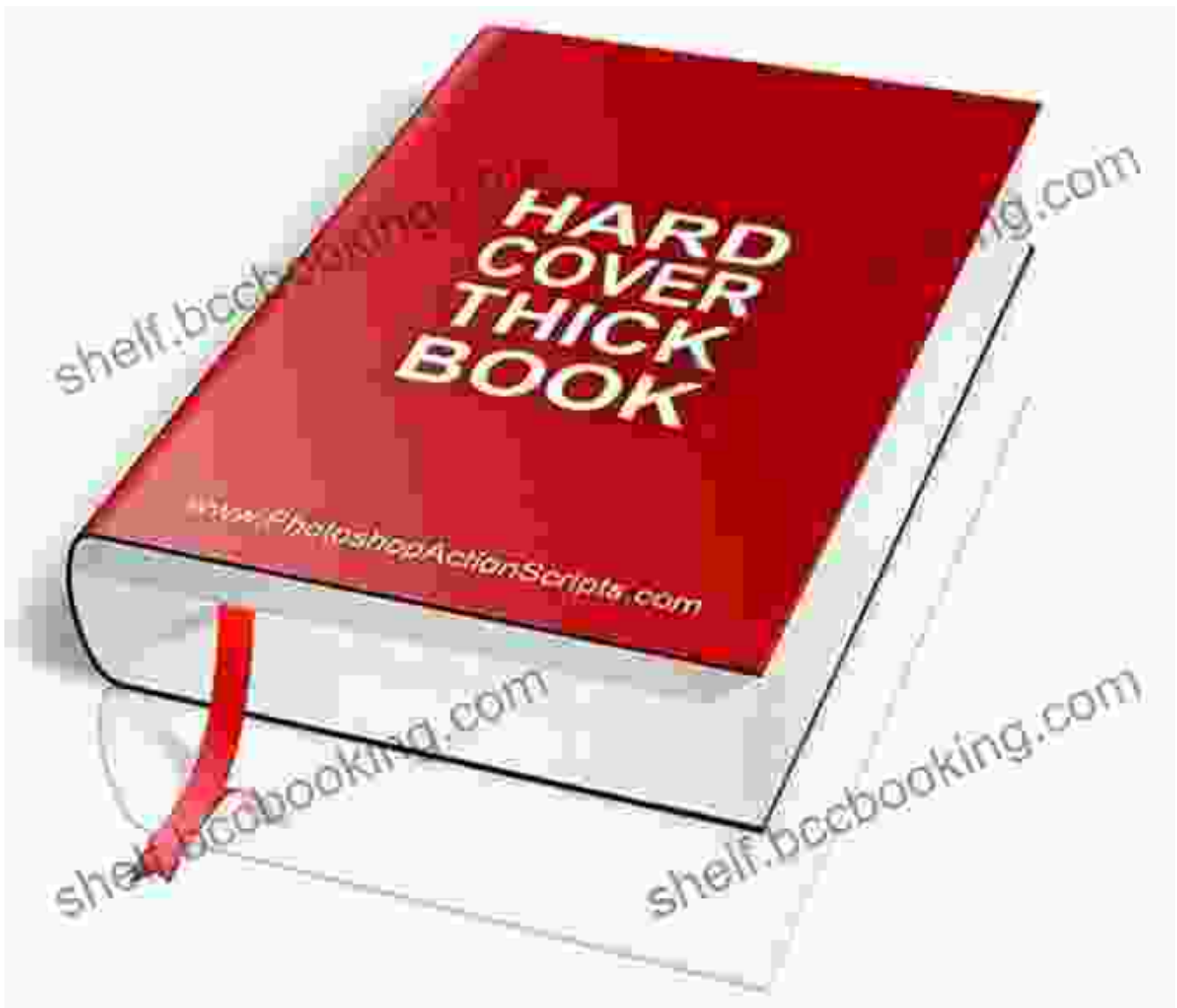
"A fascinating and comprehensive history of American food culture in the post-war era. Williams's writing is lively and engaging, and she is adept at weaving together personal stories, cultural analysis, and historical context. The result is a book that is both informative and entertaining." — **The New York Times**

"Williams has written a masterful account of the transformative period in American food culture following World War II. *The Years That Were Fat* is a must-read for anyone interested in the history of food, American history, or the post-war era." — **The Washington Post**

"A fascinating and important book. Williams provides a rich and nuanced account of the ways in which food became a powerful symbol of national identity and prosperity in post-war America." — **The Boston Globe**

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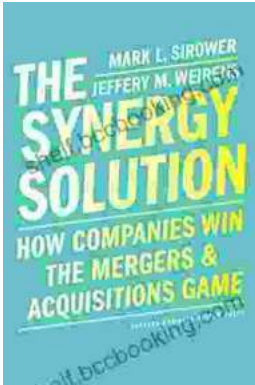
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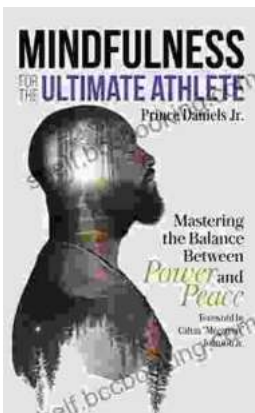
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