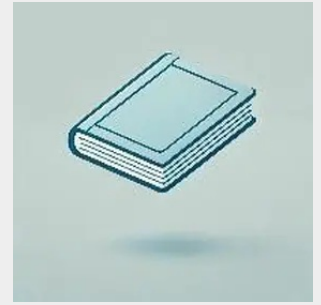


Edible Insects

Sustainable Protein Source

Edible Insects: Sustainable Protein Source provides the latest research on edible insects and their use as a paleo-food predating early humans. Using insects for food, particularly for pregnant and lactating mothers and young children, especially around the time of weaning, are important sources of protein worldwide. Sustainable, complete, local protein sources are necessary for the world's population to be entirely nutritionally secure. This book covers the paleo-history argument for edible insects, along with nutritional data and climate change amelioration. Nutritional security is on the road to peace, therefore it's important to all human beings. Recognizing these interconnections is critically important and urgent for a reduction in conflict and violence. Insects fill the complete nutritional needs of humans and make one of the smallest environmental footprints when compared to other protein sources.

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