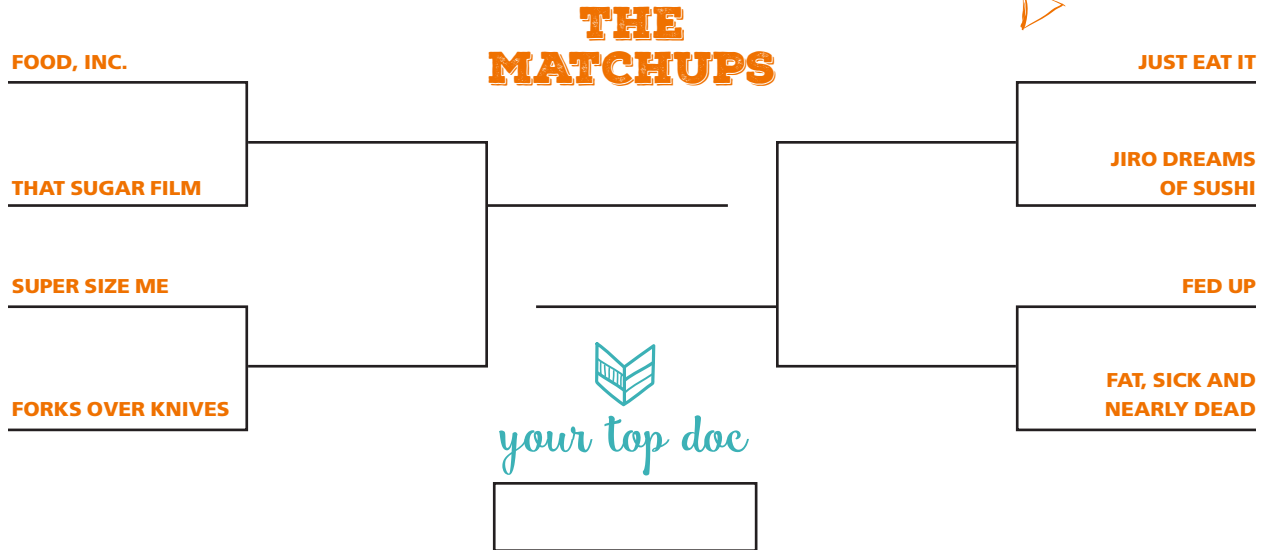


foodie flicks face-off



Not into basketball? Curl up with a food documentary while everyone else watches the games. These films win for inspiration, reporting and, of course, entertainment. Watch 'em all and record your favorites here.



FOOD, INC.

This 2008 film reinvigorated the natural foods movement. Narrators Michael Pollan and Eric Schlosser show how food producers have incentives to farm in unsustainable ways. The film takes a particularly critical look at factory beef, chicken and pork operations.



SUPER SIZE ME

In this oldie but goodie from 2004, director Morgan Spurlock chronicles his life on a McDonald's-only diet for 30 days. The results: He gained 24 pounds during the experiment and damaged his heart as well. You'll never look at the golden arches the same way again.



JUST EAT IT

You already know that food waste is a huge issue. But through eye-opening imagery, *Just Eat It* (2014) drives home just how much food is thrown away. The most poignant scene: an industrial-sized dumpster filled to the brim with perfectly edible, but discarded, hummus.



FED UP

Katie Couric's expert narration, paired with input from Bill Clinton, Mark Bittman, Mark Hyman, MD, and others, makes the 2014 film *Fed Up* the sugar industry's worst nightmare. The documentary shows how the power of junk food marketing deeply impacts Americans' health.



THAT SUGAR FILM

Filmmaker Damon Gameau cut refined sugar out of his diet years ago. But, in this 2014 documentary, find out what happens when he starts eating foods that contain "hidden sugars" again—the ones found in many packaged foods, such as yogurt, bars and sauces.



FORKS OVER KNIVES

This 2011 movie reveals how the Western diet (characterized by processed meats, dairy and sugary snacks) can lead to diabetes, obesity and heart disease—and chronicles a growing number of people challenging this trend with a plant-based diet.



JIRO DREAMS OF SUSHI

A gorgeous film released in 2011 about passion and striving for excellence, which features 91-year-old chef Jiro Ono and his Michelin-starred sushi restaurant located in a Tokyo subway station. Beautifully shot and inspiring—even if you don't enjoy cooking or sushi.



FAT, SICK AND NEARLY DEAD

This amusing 2010 movie follows Australian filmmaker Joe Cross on his journey to reboot his health by ditching his diet of junk food and embarking on a green juice cleanse. Learn how he inspires others to reclaim their lives through food, too.