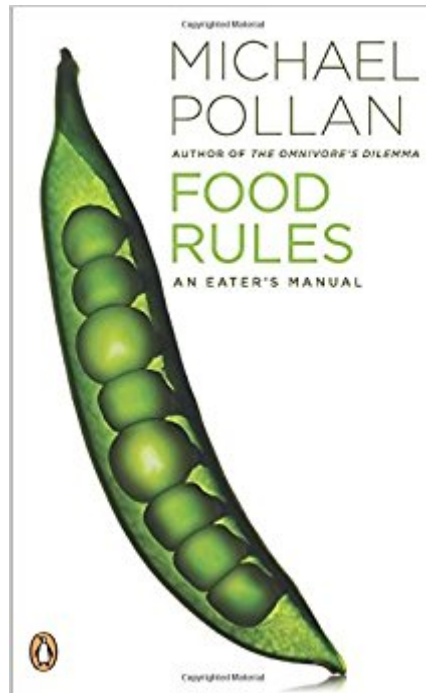




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# **Food Rules: An Eater's Manual**



## Synopsis

#1 New York Times Bestseller A definitive compendium of food wisdom Eating doesn't have to be so complicated. In this age of ever-more elaborate diets and conflicting health advice, Food Rules brings welcome simplicity to our daily decisions about food. Written with clarity, concision, and wit that has become bestselling author Michael Pollan's trademark, this indispensable handbook lays out a set of straightforward, memorable rules for eating wisely, one per page, accompanied by a concise explanation. It's an easy-to-use guide that draws from a variety of traditions, suggesting how different cultures through the ages have arrived at the same enduring wisdom about food. Whether at the supermarket or an all-you-can-eat buffet, this is the perfect guide for anyone who ever wondered, "What should I eat?" "In the more than four decades that I have been reading and writing about the findings of nutritional science, I have come across nothing more intelligent, sensible and simple to follow than the 64 principles outlined in a slender, easy-to-digest new book called Food Rules: An Eater's Manual, by Michael Pollan." --Jane Brody, The New York Times "The most sensible diet plan ever? We think it's the one that Michael Pollan outlined a few years ago: "Eat food. Not too much. Mostly plants." So we're happy that in his little new book, Food Rules, Pollan offers more common-sense rules for eating: 64 of them, in fact, all thought-provoking and some laugh-out-loud funny." --The Houston Chronicle " It doesn't get much easier than this. Each page has a simple rule, sometimes with a short explanation, sometimes without, that promotes Pollan's back-to-the-basics-of-food (and-food-enjoyment) philosophy." --The Los Angeles Times "A useful and funny purse-sized manual that could easily replace all the diet books on your bookshelf." --Tara Parker-Pope, The New York Times Michael Pollan's most recent book Cooked: A Natural History of Transformation--the story of our most trusted food expert's culinary education--was published by Penguin Press in April 2013, and in 2016 it serves as the inspiration for a four-part docuseries on Netflix by the same name.

## Book Information

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## Customer Reviews

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Michael Pollan, recently featured on Netflix in the four-part series Cooked, is the author of seven previous books, including Food Rules, In Defense of Food, The Omnivore's Dilemma, and The Botany of Desire, all New York Times bestsellers. A longtime contributor to The New York Times, he is also the Knight Professor of Journalism at Berkeley. In 2010, Time magazine named him one of the one hundred most influential people in the world.[www.michaelpollan.com](http://www.michaelpollan.com)

It is amazing how complicated we have allowed our diets, and our understanding of our diets, to become. Even Pollan's most recent book In Defense of Food: An Eaters Manifesto - which seemed to be a pretty simple premise - ended up being a (wonderfully) complicated journey through our food system. So when I read that this book was coming out, I wondered if it was necessary given the wealth of information already covered. The answer is: yes, this book is necessary. While there are a million other guides to a healthy diet running around out there, few manage to boil down the

essentials in such a usable way. Pollan takes the essential and fascinating information that he wrote about in his previous book and simmers it down into a succinct (the book is basically 70 half pages long) "manual" of rules for eating. While this book retains some of the bones of its predecessor, it is by no means a Cliff's Notes version. This manual is essential reading all on its own. Food Rules is broken down into 3 sections (and this will sound familiar to those that read In Defense of Food): 1 - What should I eat? (Eat food) 2 - What kind of food should I eat? (Mostly plants) and 3 - How should I eat? (Not too much). Each section includes 20 or so rules that you can pick and choose from in order to eat a healthy diet. Some of the rules overlap (Avoid food products that contain ingredients that a third-grader cannot pronounce and Avoid ingredients that no ordinary human would keep in the pantry, for instance) and some seem like such common sense that it is almost laughable to include them, but that is why this manual is so important. It distills all of this complex information that we see and hear every day and turns it into something relatable. We know, somewhere in our minds, that certain grains and oils are better than others. Pollan gives us an easy rule to help know which ones are best. We know that most breakfast cereals are little more than desserts and Pollan gives us an easy rule to know which ones are safe. Some rules are humorous (it's not food if it arrived through the window of your car) and some are serious; some rules are easy and others require a bit more dedication. But what this manual has is a wide range of useful tips that can be applied to any life at any time. This is no complicated diet; this is a little pocket book of sensible, realistic rules to help you eat your best.

If you follow only half of what Micheal says to do in this book, you will live a healthy lifestyle. I lost 83 pounds after following his advice, I went from 268 to 183 in 7 months, got off all medication and my blood work was perfect.

A great guide for families to learn or to re-learn how to choose foods, to eat, to be healthy! Thank you, Michael Pollan, again and again for your contribution to this field. Vera Joffe, Ph.D. ABPP Board Certified in Clinical Child and Adolescent Psychology, Licensed Psychologist in FL, NY

Love the simplicity of this book. Easy read on a tough topic. Thank you for breaking down the jargon in regard to nutrition

This book provides a handy bullet point list of sane food habits to remember. Get this if you want pithy quotes to echo in your head when planning meals, shopping, or staring at that bag of M&Ms in

the gas station. Do not get this book if you want detailed explanations and citations. The book is not perfect. I felt that the author was a bit casual about the economic realities of his free range organic etc food recommendations. Still, a budget-conscious reader will find the advice helpful as an ideal to strive for. Regular supermarket meat and produce are healthier choices than the boxed meals in the middle of the store, and usually less expensive than their organic counterparts. Most of the advice is common sense, but common sense is exactly what I need when making food choices. I would recommend this book to folks like myself who are vaguely familiar with Pollan's work and maybe want to eat better than last night's box of neon-bright mac and cheese. Even if we already should know better.

I haven't read any of his books prior to this and came across this one while searching for books on nutrition for my dad. One doctor was telling him one thing, the next doctor telling him just the opposite. It was all opinion. I ordered this book not knowing what to expect. I read it front to back in one afternoon. A lot of what is stated should be common sense. Don't eat something a third grader can't pronounce. It is an easy read with plenty of humor and highlights a direct approach to making better eating choices. Everyone should at least read the book it does a very good job of making sense of today's 'food' choices. If more people followed the advice in regards to choosing what you eat, there would be a lot of healthier people out there.

This is a quick-read, filled with simple advice. Clearly laid out in 64 "rules" (or 'policies'), it provides nurturing food for thought, rich in strategies to adapt for a healthy life. As a long-time whole foods advocate, and dedicated student of integrative nutrition, I found Michael's advice to be helpful and encouraging. Even if you are a proponent of whole foods, focused on eating as cleanly as possible (as I am), I think you'll discover some excellent tidbits. I found Mr. Pollard's concise discussion of sugar and sweeteners (listing some of the 40 types used in processed foods), high fructose corn syrup and 'real cane sugar,' insightful. The "busyness" of everyday for many, often prevents realizing better ways to eat healthfully, avoiding falling into traps that potentially may compound into chronic illness. This book uncomplicates food with straightforward facts and simple, healthy-eating strategies.

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