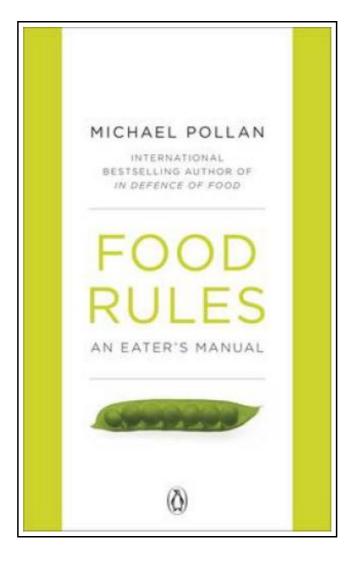
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FOOD RULES



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Paperback. Book Condition: New. Not Signed; In sixty-four bite-sized pieces of advice, Michael Pollan's Food Rules tells you everything you need to know to eat healthily, dine happily and live well. Eat food. Mostly plants. Not too much. Using those seven simple words as his guide, internationally-acclaimed food journalist Michael Pollan offers this indispensable handbook for anyone concerned about health and food. Sensible, easy to use and written in plain English, Food Rules is a set of memorable adages designed to help you eat real food in reasonable amounts, gathered from a wide variety of sources: nutritionists, anthropologists, ancient cultures and grandmothers. Whether at the supermarket, a restaurant or an all-you-can-eat buffet, this handy, pocketsize resource is the perfect manual for anyone who would like to become more mindful of the food we eat. In more than four decades I have come across nothing more intelligent, sensible and simple to follow than these principles . (The New York Times). Instantly makes redundant all diet books and 99 per cent of discussions around healthy eating. Sense, at last . (Daily Mail praise for In Defence of Food). Pollan invites us to grab our pots and pans and cook some real food for dinner. (Time Out, praise for In Defence of Food). Read this witty book for a healthier life and diet. (The Times, praise for In Defence of Food). Michael Pollan has been writing for over twenty years about the places where the human and natural worlds intersect: food, agriculture, gardens, drugs, and architecture. The Omnivore's Dilemma, about the ethics and ecology of eating, was named one of the ten best books of 2006 by the New York Times and the Washington Post . He is also the...



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