

## **BOOK FOOD RULES**



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Eating doesn't have to be so complicated. In this age of ever-more elaborate diets and conflicting health advice, Food Rules brings a welcome simplicity to our daily decisions about food. Written with the 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.

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Written as a follow up to The Omnivore's Dilemma and In Defense of Food, Food Rules: An Eater's Manual is a collection of common sense eating guidelines for people who want to remove themselves from the industrial food chain and move towards a more traditional way of eating actual food.

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### **Food Rules An Eater's Manual Maira Kalman**

Food Rules: An Eater's Manual Penguin, 2011 Michael Pollan's Food Rules began with his hunch that the wisdom of our grandparents might have more helpful things to say about how to eat well than the recommendations of science or industry or government.

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

Food Rules: An Eater's Manual is a 2009 book by Michael Pollan. It offers 64 rules on eating based on his previous book In Defense of Food in three sections: Eat food, mostly plants, not too much. (Apples are food, twinkies are not.) The book attributes the "diseases of affluence", to the so-called "Western Diet" of processed meats and food

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