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Kalman, who has brought both euphoria and melancholy to her audience with magical visual narratives about stuff you didn't pay attention to in high school civics class, is the perfect foil to Pollan's pragmatism. Though some of her suggested food rules didn't make the cut (i.e.

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PENGUIN BOOKS FOOD RULES MICHAEL POLLAN is the author of five previous books, including In Defense of Food, a number one New York Times bestseller, and The

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(Apples are food, twinkies are not.) The book attributes the "diseases of affluence", to the so-called "Western Diet" of processed meats and food products, and offers its rules as a remedy to the problem. External links.

Official website - Food Rules: An Eater's Manual; Tara Parker-Pope. Michael Pollan Offers 64 Ways to Eat Food. The New York Times, Well blog, January 8, 2010. Retrieved 2010-01-10.

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