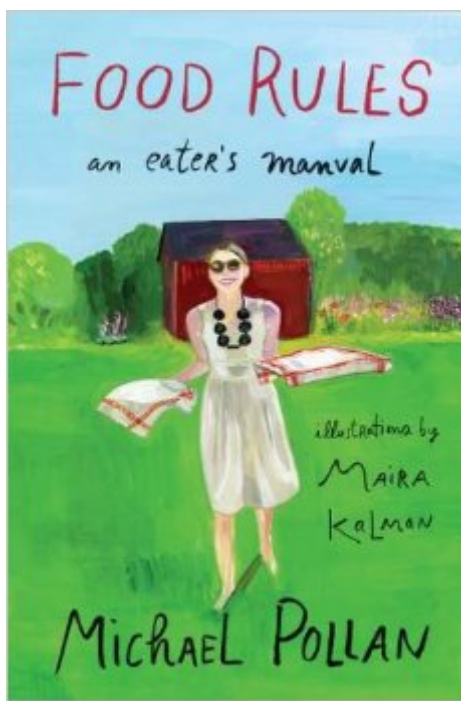


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# Food Rules: An Eater's Manual



## Synopsis

Michael Pollan and Maira Kalman come together to create an enhanced Food Rules for hardcover, now beautifully illustrated and with even more food wisdom. Michael Pollan's definitive compendium, Food Rules, is here brought to colorful life with the addition of Maira Kalman's beloved illustrations. This brilliant pairing is rooted in Pollan's and Kalman's shared appreciation for eating's pleasures, and their understanding that eating doesn't have to be so complicated. Written with the clarity, concision, and wit that is Michael Pollan's trademark, this indispensable handbook lays out a set of straightforward, memorable rules for eating wisely. Kalman's paintings remind us that there is delight in learning to eat well. The hardcover Pollan-Kalman collaboration will be the Food Rules edition that families will pass down for posterity, sharing lessons for eating healthfully-and joyfully-for all their lives.

## Book Information

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## Customer Reviews

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.

If you got in on the ground floor, you chewed every page of The Omnivore's Dilemma, (464 pages, \$8.00 at ). If you were a second responder, the first Michael Pollan book you read was In Defense of Food: An Eater's Manifesto, (256 pages, \$7.50 at ), which boils theory and anecdote down to a tasty, healthy feeding strategy. If you're new to the topic or haven't paid attention --- or love Pollan's work and want to spread the gospel --- here's Food Rules: An Eater's Manual (137 pages, \$11 retail, \$5.50 at ), a skinny paperback that says pretty much everything you'd find in his longer books. Or you can consider Pollan's reduction of his message to seven words --- "Eat food, not too much, mostly plants" --- and read nothing more because you know how to crack that koan and adopt a way of eating that just might save your life. Why, you may wonder, does a clearly written 256-page book need to be boiled down to 64 general principles? Two reasons. Those of us who read about food have, in the last few years, been swamped by the language of nutrition. Antioxidants. Polyphenols. Probiotics. Omega-3 fatty acids. But you can know all about this stuff and still not be able to answer the basic question: Yeah, but what should I eat? Then there are those who have never heard Pollan's message. They're the folks on the coach, eating pre-packaged snack food, sucking down sodas, serving vegetables as an afterthought. In short, people who are devotees of the Western diet --- which is, says Pollan, "the one diet that reliably makes its people sick!" Pollan wants to help both groups --- and break the cycle of self-created disease.

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