

Michael Pollan's rules in *In Defence of Food* (2008, Penguin Press)

Eat food. Not too much. Mostly plants.

1. Eat Food: food defined

- Don't eat anything your great-grandmother wouldn't recognize as food
- Avoid food products containing ingredients that are (a) unfamiliar (b) unpronounceable (c) more than five in number or that include (d) high-fructose corn syrup
- Avoid food products that make health claims
- Shop the peripheries of the supermarket and stay out of the middle
- Get out of the supermarket whenever possible

2. Mostly plants: what to eat

- Eat mostly plants, especially leaves
- You are what you eat eats too
- If you have space, buy a freezer
- Eat like an omnivore
- Eat well-grown food from healthy soils
- Eat wild foods when you can
- Be the kind of person who takes supplements
- Eat more like the French. Or the Italians. Or the Japanese. Or the Indians. Or the Greeks.
- Regard non-traditional food with scepticism
- Don't look for the magic bullet in the traditional diet
- Have a glass of wine with dinner

3. Not too much: how to eat

- Pay more, eat less
- Eat meals
- Do all your eating at a table
- Don't get your fuel from the same place your car does
- Try not to eat alone
- Consult your gut
- Eat slowly
- Cook and, if you can, plant a garden