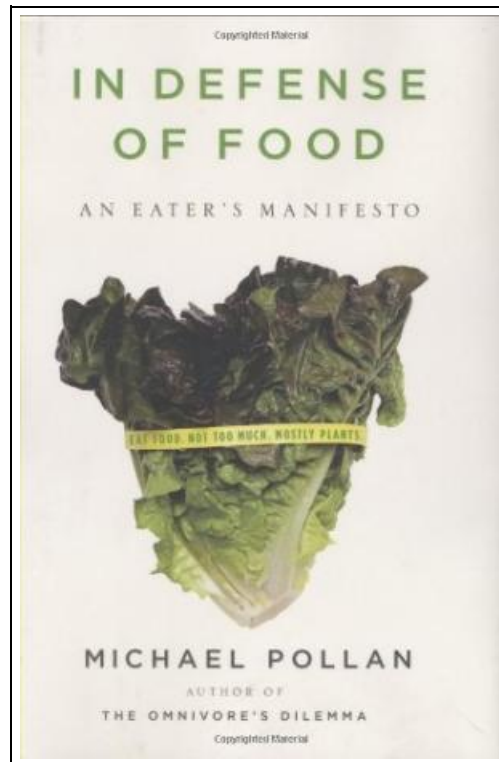


## In Defence of Food: An Eater's Manifesto



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### **Reviews**

*Complete guide! Its such a good go through. It is rally fascinating throgh reading period of time. Its been written in an extremely basic way and is particularly only after i finished reading through this publication through which really changed me, change the way i really believe.*  
**(Mrs. Macy Stehr)**

## IN DEFENCE OF FOOD: AN EATER S MANIFESTO



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Penguin Putnam Inc, United States, 2008. Book. Condition: New. New. Language: English . Brand New Book. What to eat, what not to eat, and how to think about health: a manifesto for our times Eat food. Not too much. Mostly plants. These simple words go to the heart of Michael Pollan s In Defense of Food, the well-considered answers he provides to the questions posed in the bestselling The Omnivore s Dilemma. Humans used to know how to eat well, Pollan argues. But the balanced dietary lessons that were once passed down through generations have been confused, complicated, and distorted by food industry marketers, nutritional scientists, and journalists-all of whom have much to gain from our dietary confusion. As a result, we face today a complex culinary landscape dense with bad advice and foods that are not real. These edible foodlike substances are often packaged with labels bearing health claims that are typically false or misleading. Indeed, real food is fast disappearing from the marketplace, to be replaced by nutrients, and plain old eating by an obsession with nutrition that is, paradoxically, ruining our health, not to mention our meals. Michael Pollan s sensible and decidedly counterintuitive advice is: Don t eat anything that your great-great grandmother would not recognize as food. Writing In Defense of Food, and affirming the joy of eating, Pollan suggests that if we would pay more for better, well-grown food, but buy less of it, we ll benefit ourselves, our communities, and the environment at large. Taking a clear-eyed look at what science does and does not know about the links between diet and health, he proposes a new way to think about the question of what to eat that is informed by ecology and tradition rather than by the prevailing nutrient-by-nutrient approach. In Defense...



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