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Food Rules

#1 New York Times Bestseller "A useful and funny purse-sized manual that could easily replace all the diet books on your bookshelf." —Tara Parker-

Pope, The New York Times rules for eating wisely, one A definitive compendium of per page, accompanied by a food wisdom Eating doesn ' tconcise explanation. It ' s an have to be so complicated. easy-to-use guide that In this age of ever-more elaborate diets and conflicting health advice, Food Rules brings welcome draws from a variety of simplicity to our daily traditions, suggesting how decisions about food. the ages have arrived at the same enduring wisdom Written with clarity, concision, and wit that has about food. Whether at the become bestselling author the supermarket or an all-you- Michael Pollan ' s trademark,who ever wondered, " What can-eat buffet, this is the perfect guide for anyone this indispensable handbook should I eat? " "In the more lays out a set of than four decades that I straightforward, memorable have been reading and

writing about the findings of recent book on food, nutritional science, I have come across nothing more intelligent, sensible and simple to follow than the 64 principles outlined in a slender, easy-to-digest new book called *Food Rules: An Eater's Manual*, by Michael Pollan." —Jane Brody, *The New York Times* "It doesn't get much easier than this. Each page has a simple rule, sometimes with a short explanation, sometimes without, that promotes Pollan's back-to-the-basics-of-food (and-food-enjoyment) philosophy." —*The Los Angeles Times* Michael Pollan's most

Cooked: A Natural History of Transformation—the story of our most trusted food expert's culinary education—was published by Penguin Press in April 2013, and in 2016 it served as the inspiration for a four-part docuseries on Netflix by the same name.

