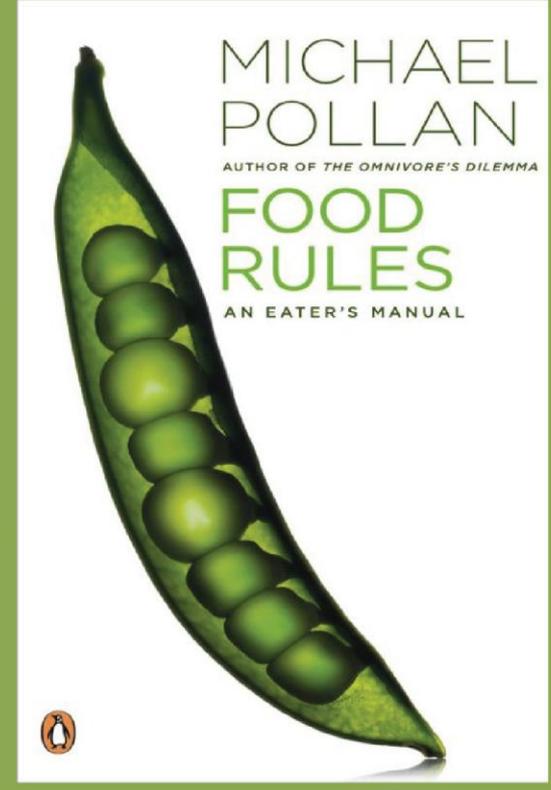
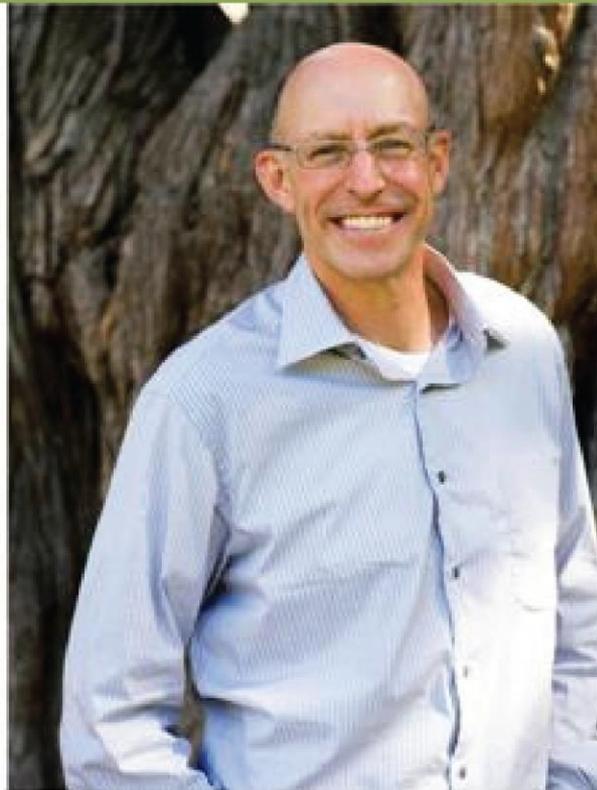
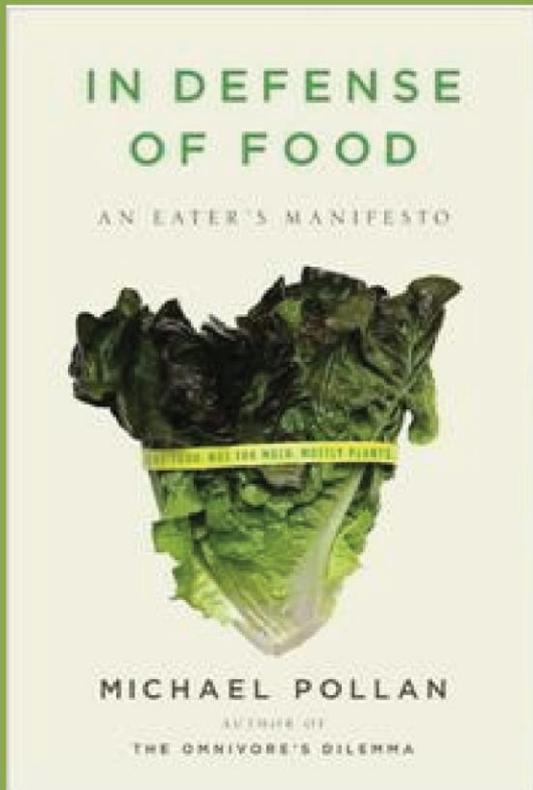


FOOD RULES

AN EATER'S MANUAL

BY:

MICHAEL POLLAN



1

EAT FOOD.



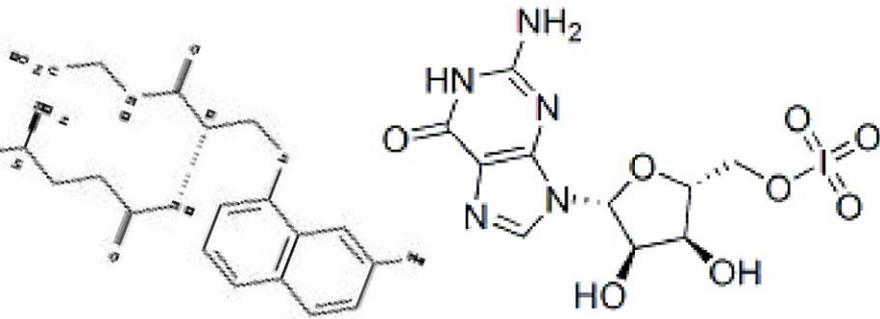
2

**DON'T EAT ANYTHING
YOUR GREAT-GRANDMA
WOULDN'T RECOGNIZE
AS FOOD.**



3

**AVOID FOOD PRODUCTS
CONTAINING INGREDIENTS
THAT NO ORDINARY HUMAN
WOULD KEEP IN THE PANTRY.**



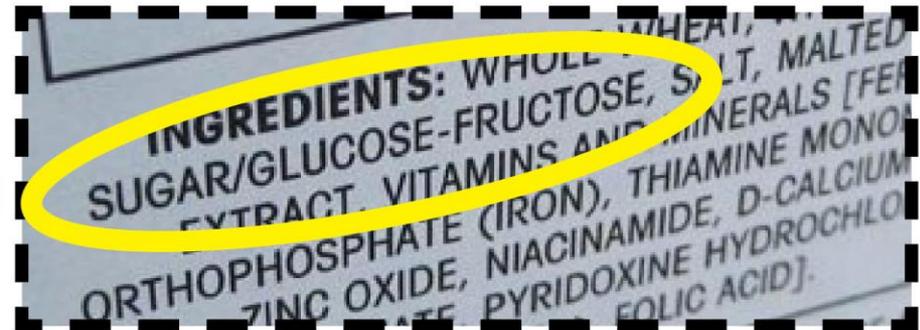
4

**AVOID FOOD PRODUCTS
THAT CONTAIN HIGH-
FRUCTOSE CORN SYRUP.**



5

AVOID FOODS THAT HAVE SOME FORM OF SUGAR (OR SWEETENER) LISTED AMONG THE TOP THREE INGREDIENTS.



6

AVOID FOOD PRODUCTS THAT CONTAIN MORE THAN FIVE INGREDIENTS.

INGREDIENTS: WATER, CHICKEN STOCK, ENRICHED PASTA (SEMOLINA FLOUR, EGG WHITE SOLIDS, NIACIN, IRON, THIAMIN, RIBOFLAVIN (VITAMIN B2) AND FOLIC ACID (VITAMIN B9)), CHICKEN, CONTAINS LESS THAN 2% OF NATURAL FLAVORS, PARMESAN AND ROMANO PASTE (PASTEURIZED CHEDDAR CHEESE, CULTURES, SALT, ENZYMES), WATER, SALT, LACTIC ACID, AND DISODIUM PHOSPHATE), BUTTER (PASTEURIZED SWISS CONDENSED MILK AND SALT), MODIFIED CORN STARCH, SUGAR, DATEM, RICE STARCH, GARLIC, SALT, CHEESE FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL AND SMOKE FLAVORING), MUSTARD FLOUR, ISOLATED YAMAMBI AND SODIUM PHOSPHATE.

INGREDIENTS: Water, Sugar, Milk Part Skim, Whey Protein Concentrate, Maltodextrin, Whey, Sodium Phosphate, Contains less than 22% of Milk Fat, Lactic Acid, Soybean(s) Oil Partially Hydrogenated, Salt, Sodium Alginate, Worcestershire Sauce (Vinegar, Water, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Dried, Sugar, Spice(s), Fish Anchovies, Tamarind, Flavor(s) Natural), Spice(s), Sorbic Acid As Preservatives, Milk Protein Concentrate, Oleoresin Paprika, Annatto Color, Vitamin A Palmitate, Enzyme(s), Cheese Culture

NO

INGREDIENTS: Ketchup (tomato puree), high fructose corn syrup, vinegar, spices, mustard (vinegar and water, mustard seed, mustard bran, saffron, turmeric, and FD&C yellow #5), margarine (partially hydrogenated and liquid soybean oil, water, butter (cream)), dry-milk solids ((potassium sorbate and sodium benzoate (as preservatives), soy lecithin, citric acid, artificial flavor, vitamin A, Beta Carotene (color)), water, sugar, vinegar, Worcestershire sauce (water, corn syrup, molasses, salt vinegar, caramel color, hydrolyzed soy protein), flour ((niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), natural flavor, guar gum, and sodium benzoate)), seasonings, liquid smoke, and lemon.

Ingredients: SUGAR, ENRICHED FLOUR (SEMOLINA FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), HIGH OLEIC ACID OIL AND/OR PALM OIL AND/OR COCOA (PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA (POURABLE), WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, VANILLIN (EMULSIFIER), VANILLIN - AN ALKALINE FLAVOR, CHOCOLATE. CONTAINS: W

YES

INGREDIENTS: SKIM MILK, CREAM, SUGAR, EGG YOLKS, VANILLA FLAVOR, BEAN FLAKES, VANILLA EXTRACT).

Ingredients: Pure Filtered Water, Organic Sugar, Organic Lemon Juice From Concentrate, Organic Lemon Juice, Organic Lemon Oil.

Ingredients: Organic Tomato Puree (Water, Organic Tomato Paste, Citric Acid), Organic Tomatoes, Organic Soybean Oil, Organic Sugar, Sea Salt, Organic Onion*, Organic

7

**AVOID FOOD PRODUCTS CONTAINING
INGREDIENTS THAT A THIRD-GRADER
CANNOT PRONOUNCE.**

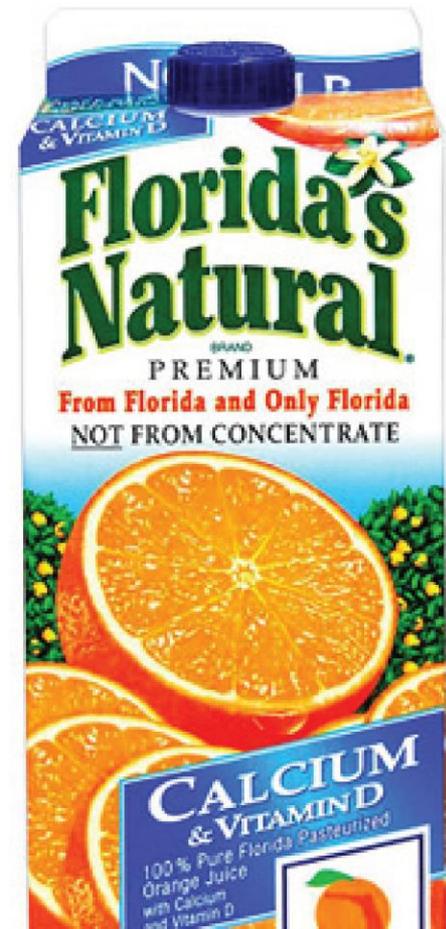
phenalalanine...

 phenalalawhat?

8

AVOID FOOD PRODUCTS THAT MAKE HEALTH CLAIMS.

THEY ARE PROBABLY PROCESSED AND PACKAGED...
ALWAYS GO FOR FRESH PRODUCE!



9

AVOID FOOD PRODUCTS WITH THE WORD "LITE" OR THE TERMS "LOW-FAT" OR NONFAT IN THEIR NAMES.



**EAT
THE REAL THING
IN MODERATION**

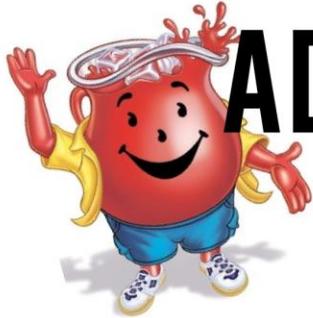
10

AVOID FOODS THAT ARE PRETENDING TO BE SOMETHING THEY'RE NOT.



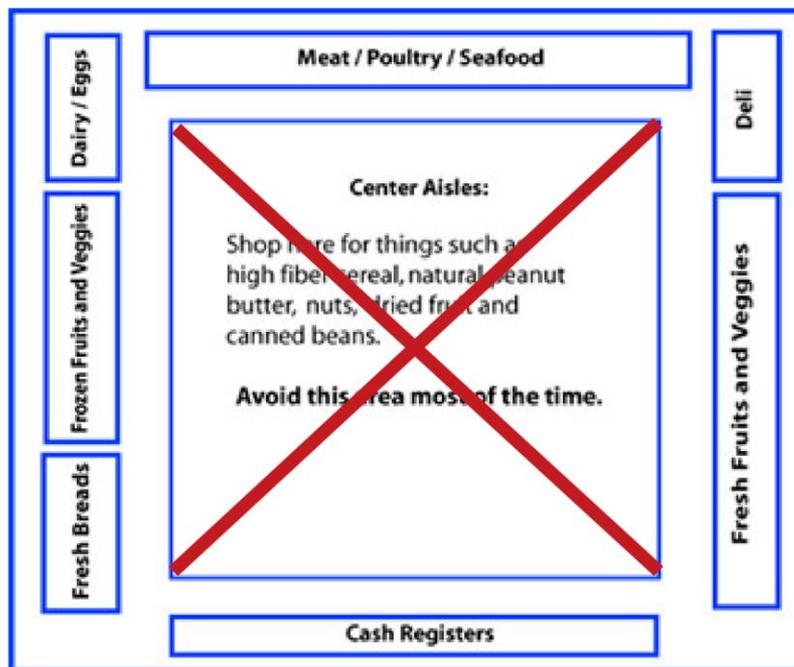
11

**AVOID FOODS THAT YOU SEE
ADVERTISED ON TELEVISION.**



12

SHOP AT THE PERIPHERIES OF A SUPERMARKET AND STAY OUT OF THE MIDDLE.



13

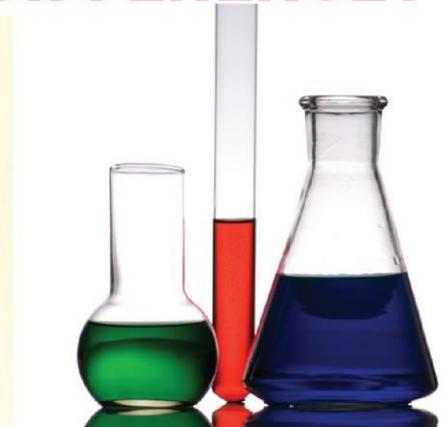
**EAT FOODS THAT
EVENTUALLY
WILL ROT.**



14

**EAT FOODS MADE FROM
INGREDIENTS THAT YOU
CAN PICTURE IN THEIR RAW
STATE OR GROWING IN NATURE.**

...SEE THE DIFFERENCE?



15

**GET OUT OF THE SUPERMARKET
WHENEVER YOU CAN.**



16

BUY YOUR SNACKS AT A FARMERS MARKET.



17

**EAT ONLY FOODS THAT HAVE
BEEN COOKED BY HUMANS.**



18

**DON'T INGEST FOOD WHERE
EVERYONE IS REQUIRED TO WEAR
A SURGICAL CAP.**



19

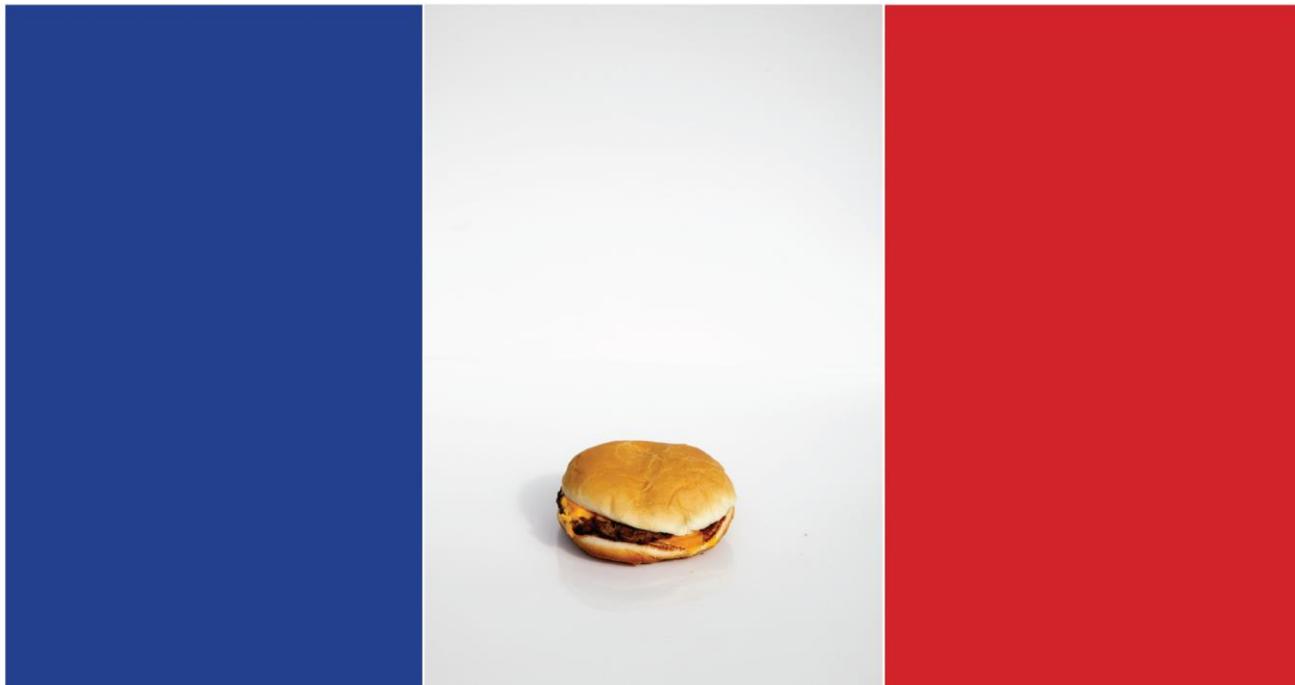


**IT'S NOT FOOD
IF IT ARRIVED
THROUGH THE
WINDOW OF
YOUR CAR.**



21

**IT'S NOT FOOD IF IT'S CALLED THE
SAME THING IN EVERY
LANGUAGE...BIG MAC, CHEETOS, PRINGLES...**



**EAT MOSTLY PLANTS,
ESPECIALLY LEAVES.**



**TREAT MEAT AS
A FLAVORING
OR SPECIAL
OCCASION
FOOD.**



24



**EATING WHAT STANDS ON ONE
LEG ...[MUSHROOMS, PLANT FOODS]**



**IS BETTER THAN EATING WHAT
STANDSON TWO LEGS ...[FOWL]**

**WHICH IS BETTER THAN EAT-
ING WHAT STANDS ON FOUR LEGS
...[COWS, PIGS, AND OTHER MAMMALS]**



25

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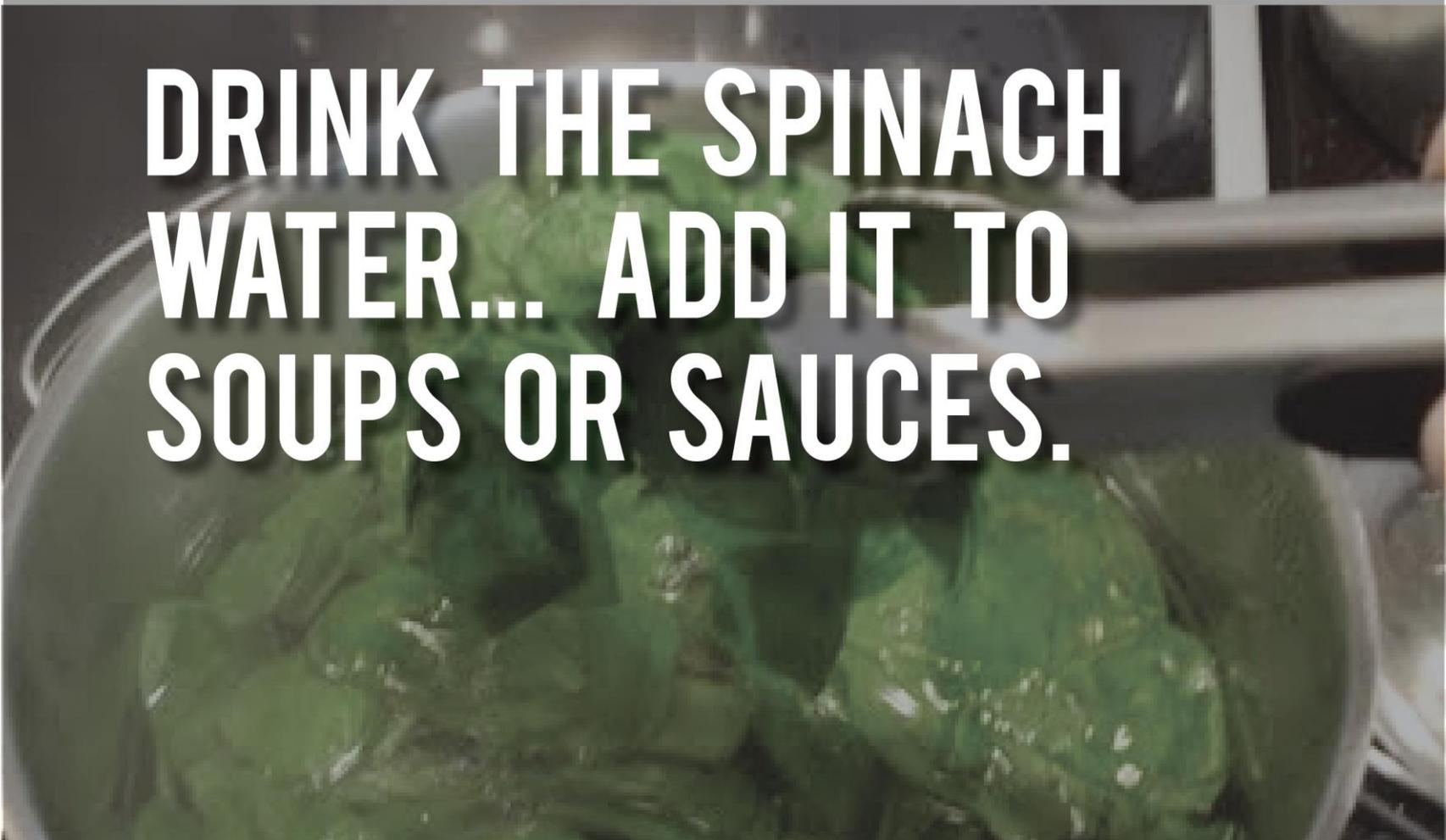
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Y

26

**DRINK THE SPINACH
WATER... ADD IT TO
SOUPS OR SAUCES.**



28

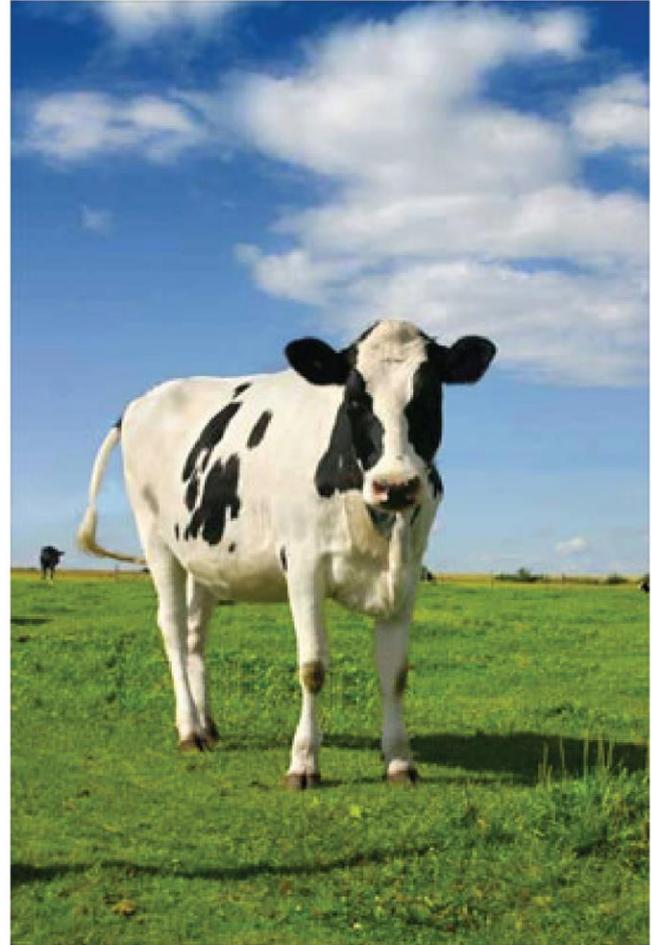
IF YOU HAVE THE SPACE, BUY A FREEZER.

- ★ BUY IN BULK AT THE HEIGHT OF A SEASON
- ★ IF YOU FIND A GOOD SOURCE OF PASTURED MEAT BUY IT IN QUANTITY
- ★ FREEZING DOES NOT DIMINISH NUTRITIONAL VALUE OF PRODUCE



27

**EAT ANIMALS THAT
HAVE THEMSELVES
EATEN WELL.**





**EAT LIKE AN
OMNIVORE.**

30



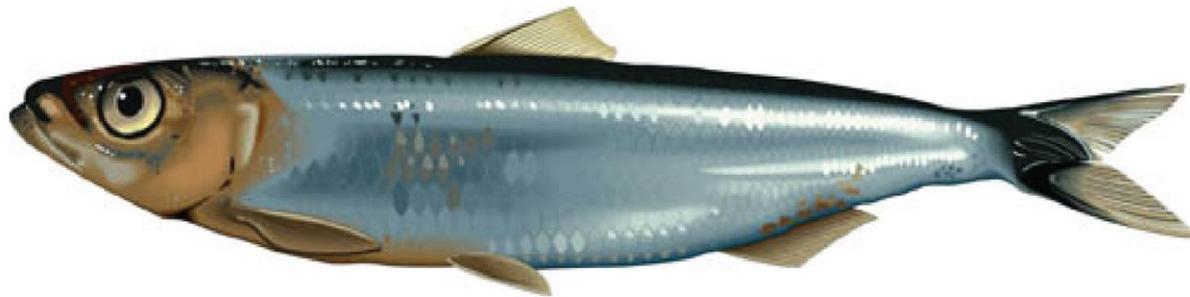
31

EAT WILD FOODS WHEN YOU CAN.



32

DON'T OVERLOOK THE OILY LITTLE FISHES.



EAT SOME FOODS THAT HAVE BEEN PREDIGESTED BY BACTERIA OR FUNGI.

YOGURT



SAUERKRAUT



SOY SAUCE



34

**SWEETEN AND SALT YOUR FOOD
YOURSELF.**



35

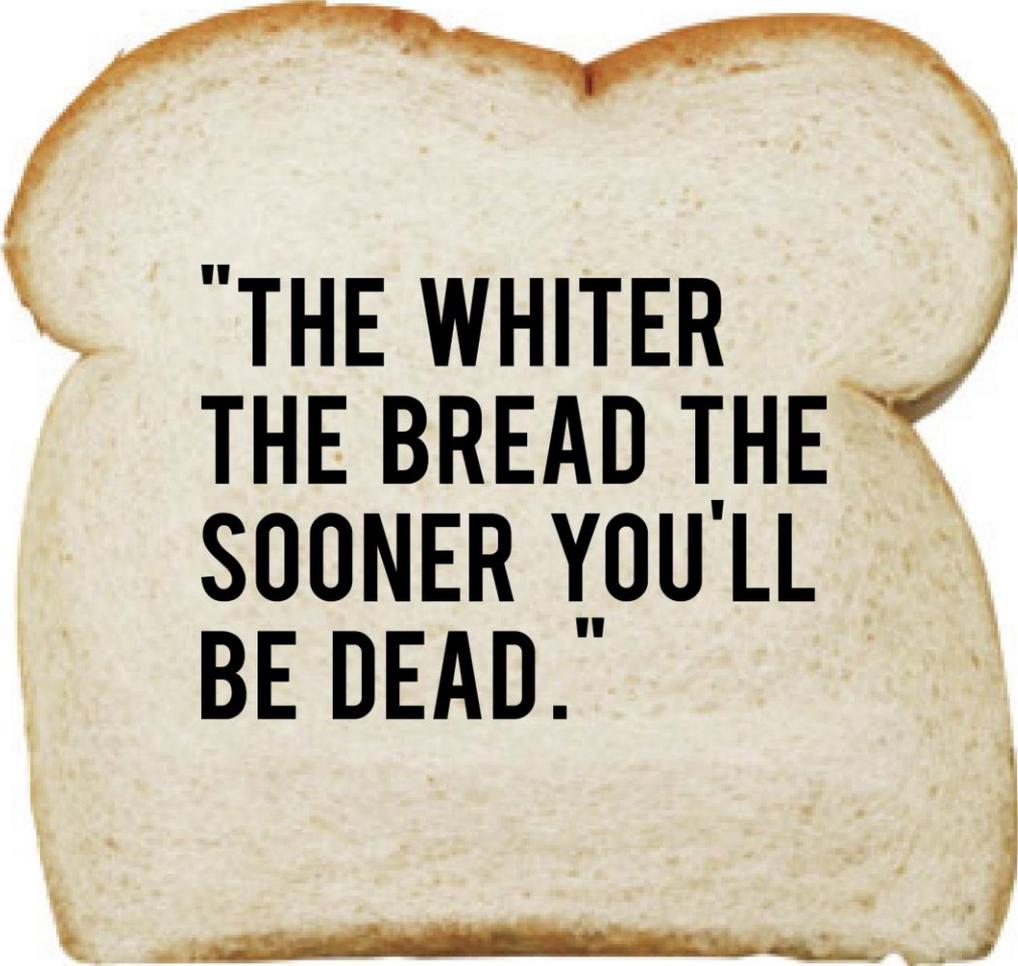
**EAT SWEET
FOODS AS YOU
FIND THEM IN
NATURE.**



**DON'T EAT
BREAKFAST
CEREALS THAT
CHANGE THE
COLOR OF THE
MILK.**



37

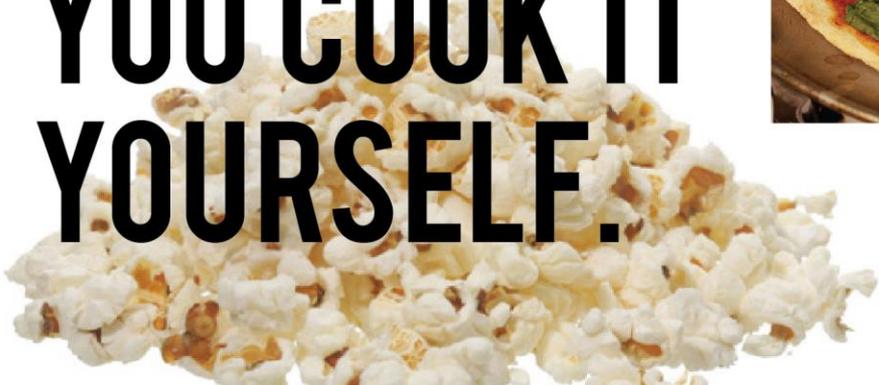


**"THE WHITER
THE BREAD THE
SOONER YOU'LL
BE DEAD."**

**FAVOR THE KINDS OF OILS AND
GRAINS THAT HAVE BEEN
TRADITIONALLY
STONE-GROUND.**



**EAT ALL THE
JUNK FOOD
YOU WANT
AS LONG AS
YOU COOK IT
YOURSELF.**



40

**BE THE KIND OF PERSON WHO
TAKES SUPPLEMENTS-
THEN SKIPS THE SUPPLEMENTS.**



=



41

**EAT MORE LIKE THE FRENCH,
OR THE JAPANESE. OR THE
ITALIANS. OR THE GREEKS.**



REGARD NONTRADITIONAL FOODS WITH SKEPTICISM.



43



**HAVE A
GLASS OF
WINE WITH
DINNER.**

44



**PAY MORE,
EAT LESS.**

45



...EAT LESS.

46



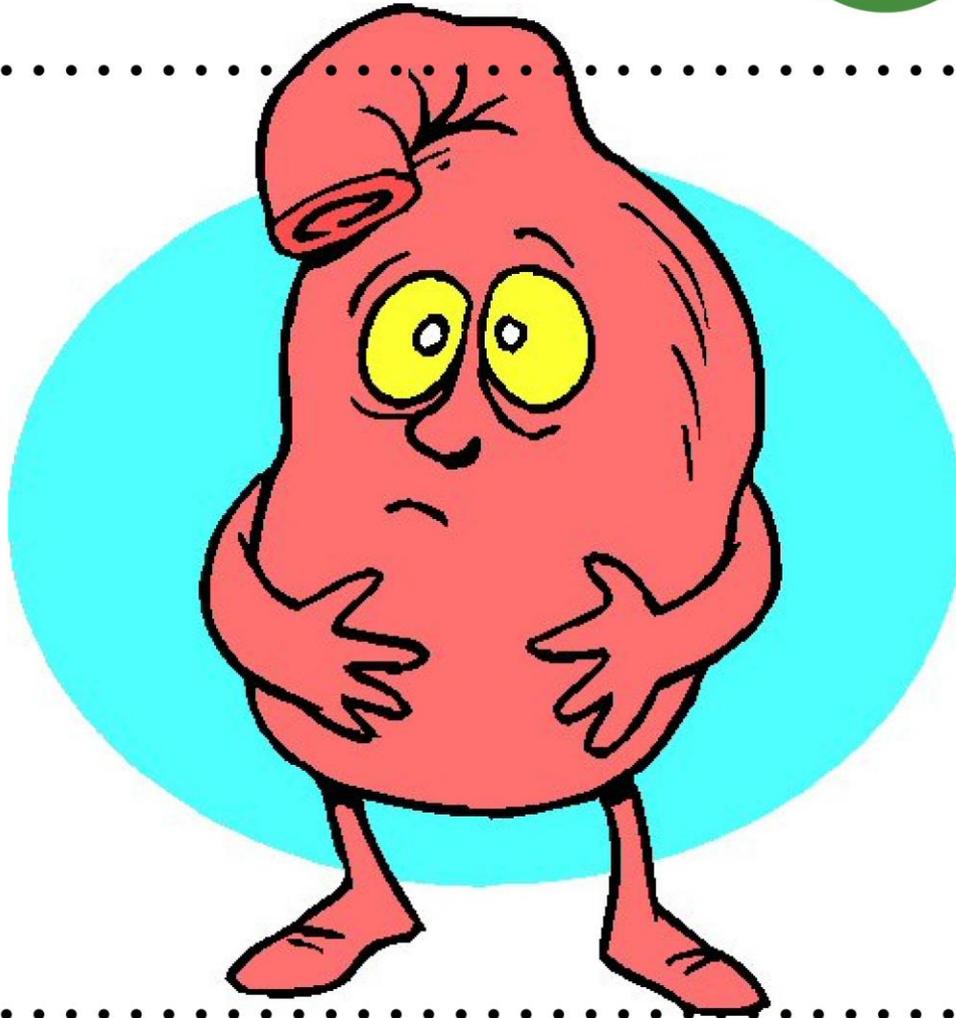
**STOP EATING
BEFORE
YOU'RE FULL.**

47

EAT WHEN
YOU'RE
HUNGRY,
NOT WHEN
YOU'RE
BORED.



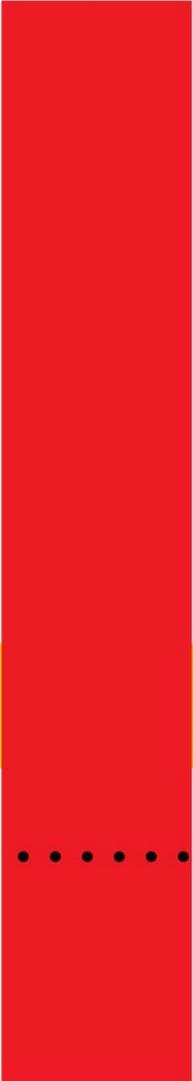
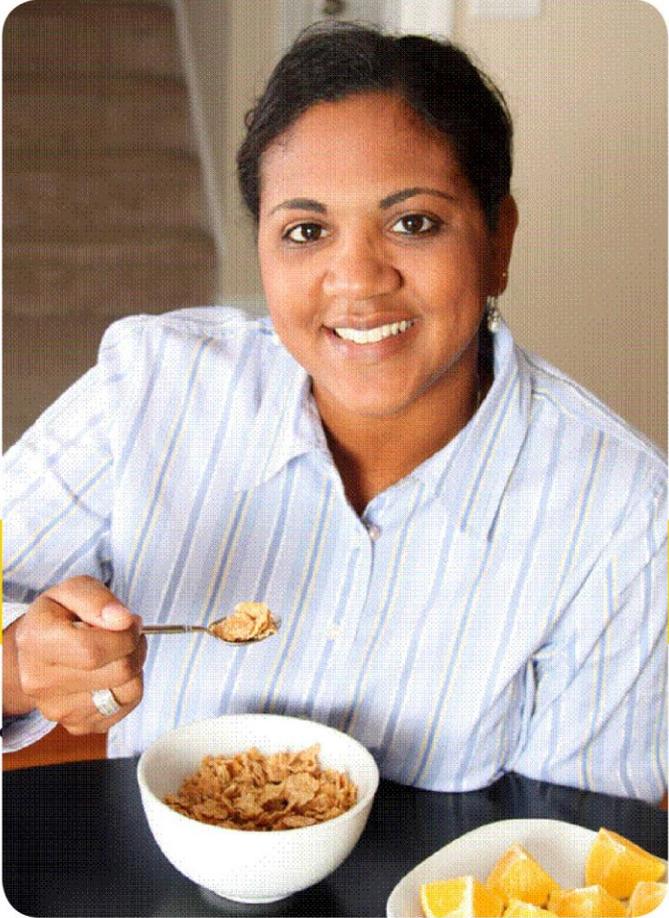
48



**CONSULT
YOUR GUT.**

49

EAT
SLOWLY.



**THE BANQUET
IS IN THE
FIRST BITE.**



51

**SPEND AS
MUCH TIME
ENJOYING
A MEAL AS
IT TOOK TO
PREPARE IT.**

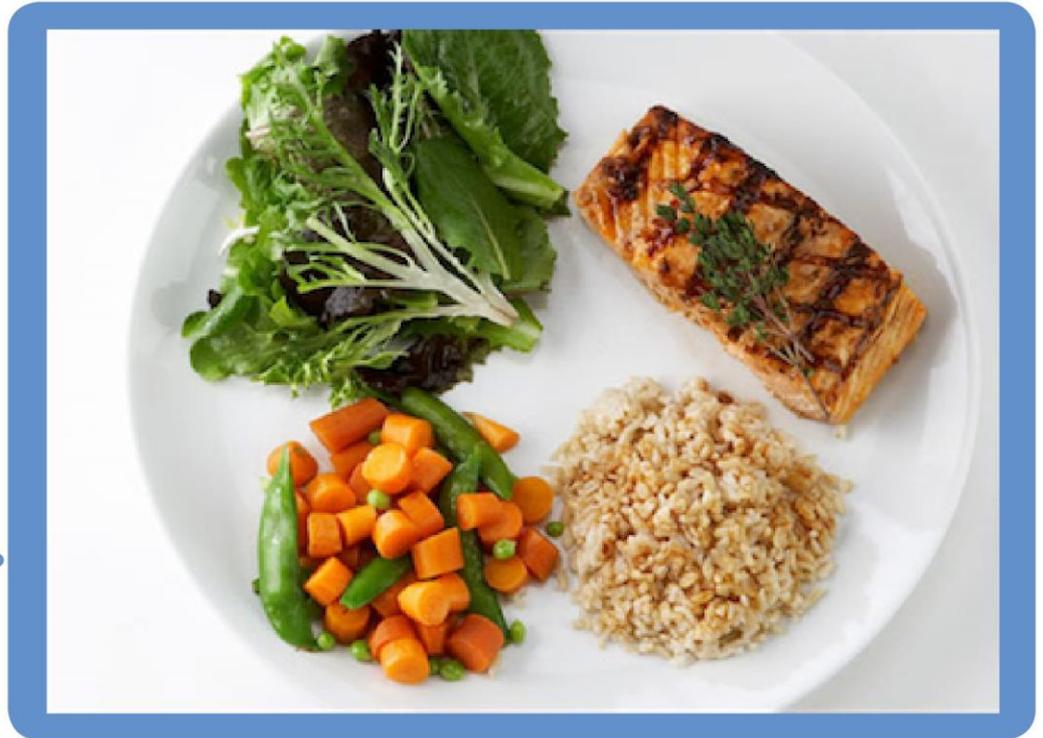


52

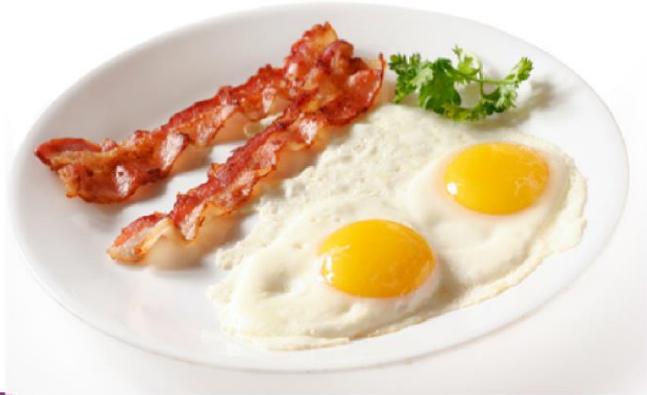


**BUY SMALLER
PLATES AND
GLASSES.**

SERVE A PROPER PORTION AND DON'T GO BACK FOR SECONDS.



54



**"BREAKFAST
LIKE A KING."**



**"LUNCH LIKE A
PRINCE."**



**"DINNER LIKE A
PAUPER."**



55

EAT MEALS.



56

**LIMIT YOUR
SNACKS TO
UNPROCESSED
PLANT FOODS.**



57

DON'T GET YOUR FUEL FROM THE SAME PLACE YOUR CAR DOES.



58

DO ALL YOUR EATING AT A TABLE.



59



**TRY NOT TO
EAT ALONE.**

60



TREAT
TREATS AS
TREATS



61



LEAVE
SOMETHING
ON
YOUR
PLATE.

COOK!



63

**PLANT A VEGETABLE
GARDEN IF YOU HAVE THE
SPACE. USE A WINDOW BOX
IF YOU DON'T.**



64

**BREAK THE RULES ONCE IN
A WHILE.**

