FOOD RULES
AN EATER’S MANUAL

BY:
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1 EAT FOOD.
2

Don't eat anything your great-grandma wouldn't recognize as food.
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.
AVOID FOOD PRODUCTS THAT CONTAIN MORE THAN FIVE INGREDIENTS.

NO

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

YEES

INGREDIENTS: Ketchup (tomato puree), high fructose corn syrup, vinegar, spices, mustard (mustard seed, mustard bran, salt, 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.


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

phenalalanine... ➡️ phenalalalawhat?
AVOID FOOD PRODUCTS THAT MAKE HEALTH CLAIMS. THEY ARE PROBABLY PROCESSED AND PACKAGED... ALWAYS GO FOR FRESH PRODUCE!
Avoid food products with the word "lite" or the terms "low-fat" or nonfat in their names.
10

AVOID FOODS THAT ARE PRETENDING TO BE SOMETHING THEY'RE NOT.
Avoid foods that you see advertised on television.
SHOP AT THE PERIPHERIES OF A SUPERMARKET AND STAY OUT OF THE MIDDLE.
EAT FOODS THAT EVENTUALLY WILL ROT.
EAT FOODS MADE FROM INGREDIENTS THAT YOU CAN PICTURE IN THEIR RAW STATE OR GROWING IN NATURE. 

...SEE THE DIFFERENCE?
GET OUT OF THE SUPERMARKET WHENEVER YOU CAN.
BUY YOUR SNACKS AT A FARMERS MARKET.
17. EAT ONLY FOODS THAT HAVE BEEN COOKED BY HUMANS.
DON'T INGEST FOOD WHERE EVERYONE IS REQUIRED TO WEAR A SURGICAL CAP.
IF IT CAME FROM A PLANT, EAT IT; IF IT WAS MADE IN A PLANT DON'T EAT IT.
IT'S NOT FOOD IF IT ARRIVED THROUGH THE WINDOW OF YOUR CAR.
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.
Eating what stands on one leg...[mushrooms, plant foods] is better than eating what stands on two legs...[fowl] which is better than eating what stands on four legs...[cows, pigs, and other mammals]
EAT COLOR FULLY
DRINK THE SPINACH WATER... ADD IT TO SOUPS OR SAUCES.
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
EAT ANIMALS THAT HAVE THEMSELVES EATEN WELL.
EAT WELL-GROWN FOOD FROM HEALTHY SOIL.
EAT WILD FOODS WHEN YOU CAN.
DON'T OVERLOOK THE OILY LITTLE FISHES.
EAT SOME FOODS THAT HAVE BEEN PREDIGESTED BY BACTERIA OR FUNGI.

YOGURT
SAUERKRAUT
SOY SAUCE
SWEETEN AND SALT YOUR FOOD YOURSELF.
EAT SWEET FOODS AS YOU FIND THEM IN NATURE.
DON'T EAT BREAKFAST CEREALS THAT CHANGE THE COLOR OF THE MILK.
“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.
BE THE KIND OF PERSON WHO TAKES SUPPLEMENTS—THEN SKIPS THE SUPPLEMENTS.
EAT MORE LIKE THE FRENCH, OR THE JAPANESE. OR THE ITALIANS. OR THE GREEKS.
REGARD NONTRADITIONAL FOODS WITH SKEPTICISM.
Have a glass of wine with dinner.
PAY MORE, EAT LESS.
45...EAT LESS.
STOP EATING BEFORE YOU'RE FULL.
EAT WHEN YOU'RE HUNGRY, NOT WHEN YOU'RE BORED.
CONSULT YOUR GUT.
EAT SLOWLY.
The banquet is in the first bite.
Spend as much time enjoying a meal as it took to prepare it.
BUY SMALLER PLATES AND GLASSES.
Serve a proper portion and don't go back for seconds.
“BREAKFAST LIKE A KING.”

“LUNCH LIKE A PRINCE.”

“DINNER LIKE A PAUPER.”
55 EAT MEALS.
LIMIT YOUR SNACKS TO UNPROCESSED PLANT FOODS.
DON'T GET YOUR FUEL FROM THE SAME PLACE YOUR CAR DOES.
DO ALL YOUR EATING AT A TABLE.
59

Try not to eat alone.
TREAT TREATS AS TREATS
LEAVE SOMETHING ON YOUR PLATE.
COOK!
PLANT A VEGETABLE GARDEN IF YOU HAVE THE SPACE. USE A WINDOW BOX IF YOU DON'T.
BREAK THE RULES ONCE IN A WHILE.