5 KEY TAKEAWAYS FROM THE BOOK "Food Rules"

by Michael Pollan





1 Eat real food

Much of what's sold in supermarkets is really processed "edible foodlike substances." "Don't eat anything your great-grandmother wouldn't recognize as food."

2 Be a smart label reader

Avoid products with sugar among the top three ingredients, more than five ingredients, or health claims. "Avoid foods you see advertised on television."





3 Mostly plants, especially leaves

"Treat meat as a flavoring or special occasion food," and "eat your colors."

4 How you eat matters

"Stop eating before you're full."
"Do all your eating at a table."
"Try not to eat alone."





5 Cook, and don't be too strict

"Eat all the junk food you want as long as you cook it yourself."
"Break the rules once in a while."



WRAP UP

No calorie counting, no fancy diet: just friendly, common-sense habits. Pick two or three rules that speak to you and try them this week.

