



Food Rules: An Eater's Manual

Michael Pollan

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#1 New York Times Bestseller

A definitive compendium of food wisdom

Eating doesn't have to be so complicated. In this age of ever-more elaborate diets and conflicting health advice, *Food Rules* brings welcome simplicity to our daily decisions about food. Written with clarity, concision, and wit that has become bestselling author Michael Pollan's trademark, this indispensable handbook lays out a set of straightforward, memorable rules for eating wisely, one per page, accompanied by a concise explanation. It's an easy-to-use guide that draws from a variety of traditions, suggesting how different cultures through the ages have arrived at the same enduring wisdom about food. Whether at the supermarket or an all-you-can-eat buffet, this is the perfect guide for anyone who ever wondered, "What should I eat?"

"In the more than four decades that I have been reading and writing about the findings of 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*

"The most sensible diet plan ever? We think it's the one that Michael Pollan outlined a few years ago: "Eat food. Not too much. Mostly plants." So we're happy that in his little new book, *Food Rules*, Pollan offers more common-sense rules for eating: 64 of them, in fact, all thought-provoking and some laugh-out-loud funny." --*The Houston Chronicle*

"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*

"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*

Michael Pollan's newest book *Cooked: A Natural History of Transformation*--the story of our most trusted food expert's culinary education--was published by The Penguin Press in April 2013.

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