

Food Rules for better health

by Michael Polan, author of Food Rules, An Eater's Manual

I. Tell me what to eat:

- 1) Eat food
- 2) Don't eat anything your great-grandmother would not recognize as food
- 3) If it came from a plant eat it; if it was made in a plant, don't
- 4) Avoid food which contain high-fructose corn syrup or have sugar or sweetener listed among the top three ingredients
- 5) Shop the peripheries of supermarkets and stay out of the middle
- 6) It's not food if it arrives through the window of your car
- 7) It's not food if it's called by the same name in every language (*Big Mac, Cheetos, Pringles*)
- 8) Avoid food you see advertised on television
- 9) Buy snacks from a farmers market or produce section.

II. What kind of food should I eat?

- 1) Eat mostly plants
- 2) Treat red meat as a flavoring or special occasion food
- 3) When eating protein, the less legs the better. Best: no legs- plant or fish sources; better: two legs-fowl; neutral: four legs-beef, pork, lamb, etc.
- 4) Eat animals that themselves have eaten well
- 5) Don't eat breakfast cereals that change the color of milk
- 6) Eat sweet foods as you find them in nature (fruits, etc.).

III. How should I eat?

- 1) Pay more, eat less
- 2) Stop eating before you are full
- 3) Eat slowly
- 4) Spend as much time enjoying the meal as it took to prepare it
- 5) Try to do all your eating at a table
- 6) Try not to eat alone
- 7) Cook
- 8) Break the rules once in a while 😊.