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 😊.

Adapted from an information sheet used by diabetes dietician Linda Smith at Memorial Hospital, Modesto