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Summary Of Michael Pollan's In Defense Of Food: An Eater's Manifesto



Synopsis

This is a summary of Michael Pollan's *In Defense of Food: An Eater's Manifesto*. Food. There's plenty of it around, and we all love to eat it. So why should anyone need to defend it? Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion - most of what we're consuming today is longer the product of nature but of food science. The result is what Michael Pollan calls the American Paradox: The more we worry about nutrition, the less healthy we see to become. With *In Defense of Food*, Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: "Eat food. Not too much. Mostly plants." Pollan's bracing and eloquent manifesto shows us how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating. Available in a variety of formats, this summary is aimed for those who want to capture the gist of the book but don't have the current time to devour the whole book. You get the main summary along with all of the benefits and lessons the actual book has to offer.

Book Information

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Customer Reviews

Excellent read with much take away. Not just on nutrition but the purpose and meaning behind eating.

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