



In Defense of Food: An Eater's Manifesto

By Michael Pollan

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In Defense of Food: An Eater's Manifesto By Michael Pollan

#1 New York Times Bestseller

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Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion--most of what we're consuming today is longer the product of nature but of food science.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.

"Michael Pollan [is the] designated repository for the nation's food conscience."

-Frank Bruni, *The New York Times*

"A remarkable volume . . . engrossing . . . [Pollan] offers those prescriptions Americans so desperately crave."

-The Washington Post

"A tough, witty, cogent rebuttal to the proposition that food can be reduced to its nutritional components without the loss of something essential... [a] lively, invaluable book."

--Janet Maslin, *The New York Times*

"*In Defense of Food* is written with Pollan's customary bite, ringing clarity and brilliance at connecting the dots."

-The Seattle Times

Michael Pollan's most recent book *Cooked: A Natural History of Transformation*--the story of our most trusted food expert's culinary education--was published by Penguin Press in April 2013, and in 2016 it serves as the

inspiration for a four-part docuseries on Netflix by the same name.

From the Trade Paperback edition.

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Editorial Review

Amazon.com Review

Amazon Significant Seven, January 2008: Food is the one thing that Americans hate to love and, as it turns out, love to hate. What we want to eat has been ousted by the notion of what we *should* eat, and it's at this nexus of hunger and hang-up that Michael Pollan poses his most salient question: where is the food in our food? What follows in *In Defense of Food* is a series of wonderfully clear and thoughtful answers that help us omnivores navigate the nutritional minefield that's come to typify our food culture. Many processed foods vie for a spot in our grocery baskets, claiming to lower cholesterol, weight, glucose levels, you name it. Yet Pollan shows that these convenient "healthy" alternatives to whole foods are appallingly inconvenient: our health has a nation has only deteriorated since we started exiling carbs, fats--even fruits--from our daily meals. His razor-sharp analysis of the American diet (as well as its architects and its detractors) offers an inspiring glimpse of what it would be like if we could (a la Humpty Dumpty) put our food back together again and reconsider what it means to eat well. In a season filled with rallying cries to lose weight and be healthy, Pollan's call to action—"Eat food. Not too much. Mostly plants."--is a program I actually want to follow. --Anne Bartholomew

From Publishers Weekly

Starred Review. In his hugely influential treatise *The Omnivore's Dilemma*, Pollan traced a direct line between the industrialization of our food supply and the degradation of the environment. His new book takes up where the previous work left off. Examining the question of what to eat from the perspective of health, this powerfully argued, thoroughly researched and elegant manifesto cuts straight to the chase with a maxim that is deceptively simple: Eat food, not too much, mostly plants. But as Pollan explains, food in a country that is driven by a thirty-two billion-dollar marketing machine is both a loaded term and, in its purest sense, a holy grail. The first section of his three-part essay refutes the authority of the diet bullies, pointing up the confluence of interests among manufacturers of processed foods, marketers and nutritional scientists—a cabal whose nutritional advice has given rise to a notably unhealthy preoccupation with nutrition and diet and the idea of eating healthily. The second portion vivisects the Western diet, questioning, among other sacred cows, the idea that dietary fat leads to chronic illness. A writer of great subtlety, Pollan doesn't preach to the choir; in fact, rarely does he preach at all, preferring to let the facts speak for themselves. (Jan.)

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From Bookmarks Magazine

Berkeley, California-based journalism professor and *New York Times Magazine* contributing writer Michael Pollan, whose previous work on the subject includes *The Botany of Desire* and the best-selling *The Omnivore's Dilemma*, has placed himself at the forefront of food writing. He preaches a back-to-basics approach and a close questioning of the avalanche of information that has come out of our diet-obsessed society. Despite the accusations of a few critics as being a little alarmist, a little elitist, and a little obvious (not everyone has the access to or the resources to eat the food Pollan suggests), the book encourages a simple approach to eating that will strike a chord with readers weary of conflicting information and unrealistic weight-loss and wellness programs. So the message of the book and its well-written delivery can't be faulted. The question is, do we need to hear it all again?

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Users Review

From reader reviews:

Neil Dussault:

Do you have favorite book? When you have, what is your favorite's book? Publication is very important thing for us to find out everything in the world. Each guide has different aim or goal; it means that guide has different type. Some people feel enjoy to spend their a chance to read a book. They can be reading whatever they take because their hobby will be reading a book. Consider the person who don't like looking at a book? Sometime, individual feel need book when they found difficult problem or exercise. Well, probably you should have this In Defense of Food: An Eater's Manifesto.

Sharon Bradley:

Reading a guide can be one of a lot of activity that everyone in the world likes. Do you like reading book so. There are a lot of reasons why people like it. First reading a guide will give you a lot of new info. When you read a book you will get new information simply because book is one of numerous ways to share the information or maybe their idea. Second, reading through a book will make you more imaginative. When you reading a book especially fictional works book the author will bring that you imagine the story how the character types do it anything. Third, you are able to share your knowledge to others. When you read this In Defense of Food: An Eater's Manifesto, you are able to tells your family, friends and soon about yours guide. Your knowledge can inspire different ones, make them reading a reserve.

Regina Schubert:

In this particular era which is the greater particular person or who has ability to do something more are more important than other. Do you want to become considered one of it? It is just simple method to have that. What you need to do is just spending your time little but quite enough to experience a look at some books. Among the books in the top collection in your reading list is usually In Defense of Food: An Eater's Manifesto. This book that is qualified as The Hungry Hills can get you closer in turning out to be precious person. By looking way up and review this reserve you can get many advantages.

Deanna Marcantel:

That guide can make you to feel relax. This book In Defense of Food: An Eater's Manifesto was colorful and of course has pictures on the website. As we know that book In Defense of Food: An Eater's Manifesto has many kinds or category. Start from kids until youngsters. For example Naruto or Private investigator Conan you can read and believe you are the character on there. Therefore , not at all of book are make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading which.

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