**In Defense of Food - An Eater's Manifesto**

#1 New York Times Bestseller from the author of How to Change Your Mind, The Omnivore's Dilemma, and Food Rules 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 Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion--most of what we’re consuming today is longer the product of nature but of food science.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.

**In Defence of Food - The Myth of Nutrition and the Pleasures of Eating**

'A must-read ... satisfying, rich ... loaded with flavour' Sunday Telegraph This book is a celebration of food. By food, Michael Pollan means real, proper, simple food - not the kind that comes in a packet, or has lists of unpronounceable ingredients, or that makes nutritional claims about how healthy it is. More like the kind of food your great-grandmother would recognize. In Defence of Food is a simple invitation to junk the science, ditch the diet and instead rediscover the joys of eating well. By following a few pieces of advice (Eat at a table - a desk doesn't count. Don't buy food where you'd buy your petrol!), you will enrich your life and your palate, and enlarge your sense of what it means to be healthy and happy. It's time to fall in love with food again. For the past twenty years, Michael Pollan has been writing about the places where the human and natural worlds intersect: food, agriculture, gardens, drugs, and architecture. His most recent book, about the ethics and ecology of eating, is The Omnivore's Dilemma, named one of the ten best books of 2006 by the New York Times and the Washington Post. He is also the author of The Botany of Desire, A Place of My Own and Second Nature.

**In Defence of Food - The Myth of Nutrition and the Pleasures of Eating**

From the author of the bestselling "The Omnivore's Dilemma" comes this bracing and eloquent manifesto that shows readers how they might start making thoughtful food choices that can enrich their lives and enlarge their sense of what it means to be healthy. (Consumer Health)

**In Defence of Food - The Myth of Nutrition and the Pleasures of Eating**

Argues that humans used to know how to eat well. This book shows readers how they might
start making thoughtful food choices that will enrich their lives and their palates and enlarge their sense of what it means to be healthy.

**In Defence of Food - The Myth of Nutrition and the Pleasures of Eating**

"Eat food. Not too much. Mostly plants." These simple words go to the heart of Michael Pollan's In Defence of Food. Humans used to know how to eat well, Pollan argues. But the balanced dietary lessons that were once passed down through generations have been confused, complicated, and distorted by food industry marketers, nutritional scientists, and journalists - all of whom have much to gain from our dietary confusion. As a result we face today a complex culinary landscape dense with bad advice and foods that are not 'real'. These 'edible food-like substances' are often packaged with labels bearing health claims that are typically false and misleading. Indeed, real food is fast disappearing from the marketplace, to be replaced by 'nutrients', and plain old eating has been replaced by an obsession with nutrition that is, paradoxically, ruining our health, not to mention our meals. It seems that we have forgotten about the sheer pleasure that can come from eating simple, healthy and, most importantly, real food. Michael Pollan's last book, The Omnivore's Dilemma, is currently an extraordinary American bestseller, which for hundreds of thousands of people has shown just how badly wrong the food industry has gone. In Defence of Food is his practical call to action - a bracing and eloquent manifesto that will enrich our lives and our palates, and enlarge our sense of what it means to be healthy and happy.

**Mostly Plants - 101 Delicious Flexitarian Recipes from the Pollan Family**

From the authors of the award-winning The Pollan Family Table, a beautiful flexitarian cookbook that offers more than 100 delicious, simple, seasonal recipes for a plant-based lifestyle. "Eat food, not too much, mostly plants." With these seven words, Michael Pollan—brother of Lori, Dana, and Tracy Pollan, and son of Corky—started a national conversation about how to eat for optimal health. Over a decade later, the idea of eating mostly plants has become ubiquitous. But what does choosing "mostly plants" look like in real life? For the Pollans, it means eating more of the things that nourish us, and less of the things that don't. It means cutting down on the amount of animal protein we consume, rather than eliminating it completely, and focusing on vegetables as the building blocks of our meals. This approach to eating—also known as a flexitarian lifestyle—allows for flavor and pleasure as well as nutrition and sustainability. In Mostly Plants, readers will find inventive and unexpected ways to focus on cooking with vegetables—dishes such as Ratatouille Gratin with Chicken or Vegetarian Sausage; Crispy Kale and Potato Hash with Fried Eggs; Linguine with Spinach and Golden Garlic Breadcrumbs; and Roasted Tomato Soup with Gruyere Chickpea "Croutons". Like any family, the Pollans each have different needs and priorities: two are vegetarian; several are cooking for a crowd every night. In Mostly Plants, readers will find recipes that satisfy all of these dietary needs, and can also be made vegan. And the best part: many of these dishes can be on the table in 35 minutes or less! With skillet-to-oven recipes, sheet pan suppers, one pot meals and more, this is real cooking for real life: meals that are wholesome, flavorful, and mostly plant based.

**The Omnivore's Dilemma - A Natural History of Four Meals**
"Outstanding . . . a wide-ranging invitation to think through the moral ramifications of our eating habits." —The New Yorker One of the New York Times Book Review's Ten Best Books of the Year and Winner of the James Beard Award Author of How to Change Your Mind and the #1 New York Times Bestseller In Defense of Food and Food Rules What should we have for dinner? Ten years ago, Michael Pollan confronted us with this seemingly simple question and, with The Omnivore's Dilemma, his brilliant and eye-opening exploration of our food choices, demonstrated that how we answer it today may determine not only our health but our survival as a species. In the years since, Pollan's revolutionary examination has changed the way Americans think about food. Bringing wide attention to the little-known but vitally important dimensions of food and agriculture in America, Pollan launched a national conversation about what we eat and the profound consequences that even the simplest everyday food choices have on both ourselves and the natural world. Ten years later, The Omnivore's Dilemma continues to transform the way Americans think about the politics, perils, and pleasures of eating.

**The Botany of Desire - A Plant's-Eye View of the World**

The book that helped make Michael Pollan, the New York Times bestselling author of How to Change Your Mind, Cooked and The Omnivore's Dilemma, one of the most trusted food experts in America Every schoolchild learns about the mutually beneficial dance of honeybees and flowers: The bee collects nectar and pollen to make honey and, in the process, spreads the flowers' genes far and wide. In The Botany of Desire, Michael Pollan ingeniously demonstrates how people and domesticated plants have formed a similarly reciprocal relationship. He masterfully links four fundamental human desires—sweetness, beauty, intoxication, and control—with the plants that satisfy them: the apple, the tulip, marijuana, and the potato. In telling the stories of four familiar species, Pollan illustrates how the plants have evolved to satisfy humankind's most basic yearnings. And just as we've benefited from these plants, we have also done well by them. So who is really domesticating whom?

**Food Matters - A Guide to Conscious Eating with More Than 75 Recipes**

From the award-winning champion of culinary simplicity who gave us the bestselling How to Cook Everything and How to Cook Everything Vegetarian comes Food Matters, a plan for responsible eating that's as good for the planet as it is for your weight and your health. We are finally starting to acknowledge the threat carbon emissions pose to our ozone layer, but few people have focused on the extent to which our consumption of meat contributes to global warming. Think about it this way: In terms of energy consumption, serving a typical family-of-four steak dinner is the rough equivalent of driving around in an SUV for three hours while leaving all the lights on at home. Bittman offers a no-nonsense rundown on how government policy, big business marketing, and global economics influence what we choose to put on the table each evening. He demystifies buzzwords like "organic," "sustainable," and "local" and offers straightforward, budget-conscious advice that will help you make small changes that will shrink your carbon footprint -- and your waistline. Flexible, simple, and non-doctrinaire, the plan is based on hard science but gives you plenty of leeway to tailor your food choices to your lifestyle, schedule, and level of commitment. Bittman, a food writer who loves to eat and eats
out frequently, lost thirty-five pounds and saw marked improvement in his blood levels by simply cutting meat and processed foods out of two of his three daily meals. But the simple truth, as he points out, is that as long as you eat more vegetables and whole grains, the result will be better health for you and for the world in which we live. Unlike most things that are virtuous and healthful, Bittman's plan doesn't involve sacrifice. From Spinach and Sweet Potato Salad with Warm Bacon Dressing to Breakfast Bread Pudding, the recipes in Food Matters are flavorful and sophisticated. A month's worth of meal plans shows you how Bittman chooses to eat and offers proof of how satisfying a mindful and responsible diet can be. Cheaper, healthier, and socially sound, Food Matters represents the future of American eating.

**Cooked - A Natural History of Transformation**

THE INSPIRATION FOR THE NEW NETFLIX SERIES 'It's not often that a life-changing book falls into one's lap ... Yet Michael Pollan's Cooked is one of them.' Sunday Telegraph 'This is a love song to old, slow kitchen skills at their delicious best' Kathryn Hughes, GUARDIAN BOOKS OF THE YEAR The New York Times Top Five Bestseller - Michael Pollan's uniquely enjoyable quest to understand the transformative magic of cooking Michael Pollan's Cooked takes us back to basics and first principles: cooking with fire, with water, with air and with earth. Meeting cooks from all over the world, who share their wisdom and stories, Pollan shows how cooking is at the heart of our culture and that when it gets down to it, it also fundamentally shapes our lives. Filled with fascinating facts and curious, mouthwatering tales from cast of eccentrics, Cooked explores the deepest mysteries of how and why we cook.

Aspen Times Weekly: Killing us softly

reminds us of what the sage Michael Pollan wrote in his bestseller, “In Defense of Food: An Eater’s Manifesto”: “Eat food, not too much. Mostly plants.” Even this gentle maxim makes me believe I might ...

Gardening the Garden Island

In his subsequent book In Defense of Food: An Eater’s Manifesto Pollan makes a strong argument for serious reconsideration of our eating habits and casts a suspicious eye on the food industry ...

In Defense of Food: Resources

You can help promote healthier eating in your community by screening In Defense of Food in your home or for a community group. You can choose between showing the full ...

President Hansen on ‘Bates Contemplates Food’

In August 2008, President Elaine Tuttle Hansen spoke with Bates College staff writer Doug Hubley about the initiative Nourishing Body and Mind: Bates Contemplates Food. Here are edited excerpts from ...

Books

November 24, 2021 • Books We Love (formerly known as NPR's Book Concierge) is back with a new name and 360+ new books handpicked just for you by NPR staff and trusted critics.

in defense of food an eater's manifesto by michael pollan