

Eat Food

Don't eat anything your great grandmother
wouldn't recognize as food. (p. 148)



Avoid food products containing ingredients that are

- a) unfamiliar
- b) unpronounceable
- c) more than five in number,
or that
- d) include high-fructose corn syrup (p. 150)



Shop the periphery of the supermarket,
stay out of the middle, or...



Avoid the supermarket altogether. (p. 157)

Eat mostly plants, especially leaves

"In all my interviews with nutrition experts,
the benefits of a plant-based diet provided the
only point of universal consensus." (p. 162)



You are what what you eat eats too

"It's worth looking for pastured animal foods
in the market and paying the premium
they typically command." (p. 168)



Pay more, eat less

"Americans spend a smaller percentage of our income
on food than any other industrialized society;
surely if we decided that the quality of our food mattered,
we could afford to spend a few more dollars on it
each week—and eat a little less of it." (p. 187)



Eat meals

"Shared meals are about much more than fueling bodies;
they are uniquely human institutions where our species
developed language and this thing we call culture." (p. 189)

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