



In Defense of Food: An Eater's Manifesto

Michael Pollan

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#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Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion--most of what we're consuming today is longer the product of nature but of food science.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 newest book *Cooked: A Natural History of Transformation*--the story of our most trusted food expert's culinary education--was published by The Penguin Press in April 2013.

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