

“*Eat food, not too much,
mostly plants.*”
— Michael Pollan

7 rules for eating well, according to Mr. Pollan

- Don't eat anything your great-grandmother wouldn't recognize as food.
- Don't eat anything with more than five ingredients, or ingredients you can't pronounce.
- Stay out of the middle of the supermarket; shop on the perimeter of the store, where real food tends to be placed.
- With few exceptions, don't eat anything that won't eventually rot.
- Always leave the table a little hungry.
- As often as possible, enjoy meals with the people you love.
- Don't buy food where you buy your gasoline.

“Eat food”

means to eat real, whole foods
and to avoid ‘edible food-like substances’