

Food Rules: An Eater's Manual

By Michael Pollan

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Author information. MICHAEL POLLAN is the author of five previous books, including "In Defense of Food, The Omnivore's Dilemma, "and "The Botany of Desire," all "New

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http://www.eatingwell.com/food_news_origins/food_news/10_food_rules_you_should_follow

Jan 31, 2012 This book was a super quick read with 64 "food rules" which each had a paragraph or two explaining them in more detail. It has some great reminders and a

<http://www.goodreads.com/book/show/7015635-food-rules>

MICHAEL POLLAN is the author of six previous books, including Food Rules, In Defense of Food, The Omnivore's Dilemma, and The Botany of Desire, all New York Times

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Michael Pollan's Food Rules (Excerpt) The author of The Omnivore's Dilemma and In Defense of Food: An Eater's Manifesto shares some tips for eating in an excerpt from

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15 quotes from Food Rules: An Eater's Manual: What an extraordinary achievement for a civilization: to have developed the one diet that reliably makes i
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Luckily for all of us, Michael Pollan helps simplify Food Rules: An Eater's Manual last week and it is a great resource for Pollan's main words of advice
<http://healthycrush.com/food-rules/>

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Michael Pollan's Food Rules: An Eater's Manual is a collection of principles and guidelines on which consumers can rely to buy healthful food.
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