

# Food rules

Eat food

Don't eat anything a third grader could not pronounce

Avoid foods containing things that no ordinary human being would keep in their pantry

Avoid food containing high fructose corn syrup

Avoid food that contain sugar as their first three ingredient

Avoid foods that have more than five ingredients

Avoid foods that make health claims

Avoid food products that say 'now lowfat' or 'lite'

Avoid food that are advertised on tv

Shop on the peripheral of the supermarket

Eat food that will eventually rot

Buy your snacks from the produce section (nuts, carrots, celery)

Eat food that had been cooked by humans

If it came from a plant eat; if it was **made in a plant** do not.

It is not food if it arrived through your car window.

It is not food if it is called the same name in every language; i.e. Big Mac, KitKat.

Eat mostly plants, especially leaves.

Treat meat as a side dish, not the main course.

Eat your colors; dark green veggies, carrots, sweet potatoes, broccoli, melon, berries.

Eat animals that have eaten well themselves; i.e. corn-fed cows, produce inferior meat compared to a grass fed cow.

Eat well grown food from healthy soil.

Eat wild food whenever you can

Eat little fish (high mercury fish include: tuna, swordfish, and shark)

Best fish to eat: mackerel, sardines, anchovies.

Eat fermented foods: yogurt, sauerkraut, soy sauce, kimchi, and sourdough bread.

Eat foods that come sweetened by nature, fruits, berries.

Don't eat breakfast cereals that change the color of the milk

Favor oils that have been traditionally stone ground; olive, sesame, palm, coconut.

Eat all the junk food you want as long as you cook it.

Stop eating before you are full.

Pay more, eat less.

Eat when you are hungry not when you are bored.

Eat slowly

Chew your food

Spend as much time enjoying your food as you took preparing it.

Buy smaller plates and glasses.

Serve a portion, and do not go back for seconds.

“Breakfast like a king, lunch like a prince, dinner like pauper.”

Do not get your fuel from the same place your car does.

Do all your eating at the table

Try not to eat alone

Treat treats, as treats.

Plant a vegetable garden if you have the space, a window box if you do not.

Cook

Break the rules once and a while.

Be conscious of living, be aware of what you eat, keep a positive mental attitude.

Works cited

Michael Pollan Food Rules. Penguin books 2009.