



I'm not robot



I am not robot!

Not too much. Pollan masterfully navigates the complex world of dietary science and cultural food habits, simplifying it into an enlightening and engaging narrative. The result is what Michael Pollan calls the American paradox: The more we worry about nutrition, the less healthy we seem to become. Not Too Much. culture of food is changing more than once a generation, which is historically unprecedented—and dizzying. To find out, Pollan follows each of the food chains that sustain us—industrial food, organic or alternative food. Western diet, food has been replaced by nutrients, and common sense by confusion. Mostly plants. That, more or less, is the short answer to the supposedly incredibly complicated and confusing question of what we humans should eat in order to be maximally healthy. 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. What is driving such relentless change in the American diet? Eat. food. First, fat isn't dangerous. Students prepare delicious recipes, create performance poetry and participate in peer-to-peer learning to investigate the question, "What should I eat to be healthy?" As they progress through the lessons, they will discover what Michael Pollan means by his now-famous answer: Eat Food. Not too much culture of food is changing more than once a generation, which is historically unprecedented—and dizzying. Second, in order to make food products palatable after removing fat, manufacturers began to add more sugar. What is driving such relentless change in the American diet? *In Defense of Food*, the PBS documentary based on the book by the same name, takes viewers on a fascinating journey to answer the question: What should we eat? Michael Pollan's best-selling book of the same name, *In Defense of Food* explores how the modern diet has been making people sick and what can be done to reverse the damage. Pollan's "In Defense of Food: An Eater's Manifesto" is a compelling and eye-opening book that has significantly transformed the way I perceive food and nutrition. In *In Defense of Food*, Michael Pollan distinguishes between real food and processed food and how the reliance on the latter leads to a society plagued by Western diseases. Pollan argues that food needs defending from "nutrition science on one side and from the food industry on the other — and from the needless complications. One of the examples Pollan uses in *In Defense of Food* to prove his point is the "low fat" craze. But if real food—the sort of food our great grandmothers would recognize as food—stands in need of a defense, from Michael 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. **AN EATER'S MANIFESTO. Mostly Plants** Michael Pollan's "In Defense of Food: An Eater's Manifesto" is a compelling and eye-opening book that has significantly transformed the way I perceive food and nutrition. In this groundbreaking book, one of America's most fascinating, original, and elegant writers turns his own omnivorous mind to the seemingly straightforward question of what we should have for dinner. The problem with this fad is two-fold. Too much sugar is dangerous and can lead to complications such as *The Omnivore's Dilemma*.