

# 《Food Rules An Eaters》

## 图书基本信息

书名：《Food Rules An Eaters Manual 饮食规则》

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## 内容概要

Eat food. Mostly plants. Not too much. Using those seven words as his guide, Michael Pollan offers this indispensable handbook for anyone concerned about health and food. Simple, sensible and easy to use, "Food Rules" is a set of memorable adages or 'personal policies' for eating wisely, gathered from a wide variety of sources: mothers, grandmothers, nutritionists, anthropologists and ancient cultures among them. Whether at the supermarket, a restaurant or an all-you-can-eat buffet, this handy, pocket-size resource is the perfect manual for anyone who would like to become more mindful of the food we eat.

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## 作者简介

For the past twenty years, Michael Pollan has been writing about the places where the human and natural worlds intersect: food, agriculture, gardens, drugs, and architecture. *The Omnivore's Dilemma*, about the ethics and ecology of eating, was named one of the ten best books of 2006 by the *New York Times* and the *Washington Post*. He is also the author of *The Botany of Desire*, *A Place of My Own* and *Second Nature* and, most recently, *In Defence of Food*.

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### 媒体关注与评论

Instantly makes redundant all diet books and 99 per cent of discussions around healthy eating ... Sense, at last praise for In Defence of Food, Daily Mail Pollan invites us to grab our pots and pans and cook some real food for dinner praise for In Defence of Food, Time Out Read this witty book for a healthier life and diet praise for In Defence of Food, The Times In more than four decades I have come across nothing more intelligent, sensible and simple to follow than these principles -- Jane E. Brody The New York Times

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### 编辑推荐

"向所有希望健康饮食的人们提供有关健康和食品的一本必不可少的手册。简单，合理，使用方便。食物规则的收集来源各种各样，有来自母亲，祖母，营养师，人类学家以及古老的文化。无论是在超市，餐厅，一吃到饱的自助餐，这个方便，口袋大小的资源对任何愿意为自己所吃的食物做更多考虑的人们来说，将是一本完美的食物手册。64个简单的规则让你吃地快乐吃地健康。

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