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Food. There's plenty of it around, and we all love to eat it. So why should anyone need to defend it? Because most of what we're consuming today is not food, and how we're consuming it in the car, in front of the TV, and increasingly alone is not really eating.

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Michael Pollan is the author of five New York Times Best Sellers: The Omnivore's Dilemma: A Natural History of Four Meals, The Botany of Desire (which was also adapted for PBS in 2009), In Defense

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In Defense of Food Wikipedia

In Defense of Food: An Eater's Manifesto (released internationally as In Defence of Food) is a 2008 book by journalist and activist Michael Pollan. It was number one on the New York Times Non-Fiction Best Seller List for six weeks.

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Pollan, author of In Defense of Food: An Eater's Manifesto and The Omnivore's Dilemma: A Natural History of

Four Meals, is professor of science and environmental journalism at the University of
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A continuation and in the vein of Food, Inc, Michael Pollen's In Defense of Food explores what we are eating,
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In Defense of Food PBS

Add to Favorites "Eat food. Not too much. Mostly plants." With that seven-word maxim, US-based journalist
Michael Pollan distills a career s worth of reporting into a prescription for reversing

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Michael Pollan In Defense of Food

The food industry, along with a complicit congress, has destroyed our diet, reducing food to a list of nutrients.
Some are supposedly good for you while others are bad.

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Eat food. Not too much. Mostly plants. These simple words go to the heart of this well-considered response to
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