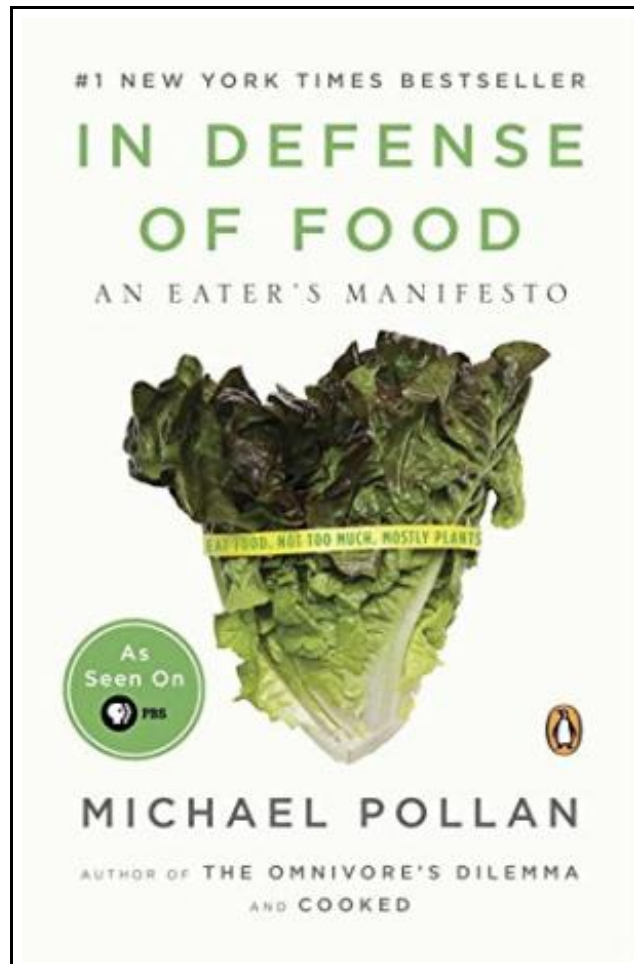# In Defense of Food An Eaters Manifesto

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Reviews

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(Eulalia Langosh)

IN DEFENSE OF FOOD AN EATERS MANIFESTO

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Penguin. Paperback. Book Condition: New. Paperback. 244 pages. Dimensions: 8.2in. x 5.4in. x 0.7in.In his hugely influential treatise The Omnivores Dilemma, Pollan traced a direct line between the industrialization of our food supply and the degradation of the environment. His new book takes up where the previous work left off. Examining the question of what to eat from the perspective of health, this powerfully argued, thoroughly researched and elegant manifesto cuts straight to the chase with a maxim that is deceptively simple: Eat food, not too much, mostly plants. But as Pollan explains, food in a country that is driven by a thirty-two billion-dollar marketing machine is both a loaded term and, in its purest sense, a holy grail. The first section of his three-part essay refutes the authority of the diet bullies, pointing up the confluence of interests among manufacturers of processed foods, marketers and nutritional scientists - a cabal whose nutritional advice has given rise to a notably unhealthy preoccupation with nutrition and diet and the idea of eating healthily. The second portion vivisects the Western diet, questioning, among other sacred cows, the idea that dietary fat leads to chronic illness. A writer of great subtlety, Pollan doesnt preach to the choir; in fact, rarely does he preach at all, preferring to lets the facts speak for themselves. Publishers Weekly (Starred Review) (Copyright Reed Business Information, Inc.) This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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