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Food Rules: An Eater's Manual

Michael Pollan
Penguin Press

Michael Pollan is my foodie hero. He is a writer, reporter and eater — he is not a doctor or scientist, nor is he selling clinics, vitamin supplements or other promotional products. He just wants to find out more about the correlation of humans and food. In his first food book, *The Omnivore's Dilemma*, Pollan was trying to discover what was the best food to eat. In *Defense of Food: An Eater's Manifesto*, Pollan lays out the rules on how to choose a healthy diet.

Food Rules is a small book that boils down the rules for how to eat healthy. Artist Maira Kalman did the illustrations and they are fun, colorful and add whimsy to the book. It is a good little book for the coffee table or bedside stand. If you only want one little book of simple, healthy food rules, this is it.

Robert P. Goldman, MD