



QUIET  
CORNER  
READS 2010

# IN DEFENSE OF FOOD

AN EATER'S MANIFESTO

by Michael Pollan

Name:  
Library:  
Program:  
Comments:

**Eat food.** *I pledge to....*

- eat "close to the source"
- avoid "food-like substances"
- shop the perimeter of the market
- avoid processed and fast foods

**Not too much.**

- Practice portion control
- Eat at the table
- Eat when hungry, not when bored
- Eat slowly

**Mostly plants.**

- Shop at a Farmer's Market
- Plant a garden
- Add my own sweetener and salt
- Can, Freeze, Preserve

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