

Eating doesn't have to be so complicated. In this age of ever-more elaborate diets and conflicting health advice, Food Rules brings a welcome simplicity to our daily decisions about food. Written with the clarity, concision and wit that has become bestselling author Michael Pollan's trademark, this indispensable handbook lays out a set of straightforward, memorable rules for eating wisely, one per page accompanied by a concise explanation.

Michael Pollan's website:

<http://www.michaelpollan.com/foodrules.php>

Recensioni e commenti in italiano:

<http://trashfood.com/2010/01/64-food-rules.html>

<http://www.dissapore.com/salute/le-64-regole-per-mangiare-bene-di-michael-pollan-maledizione-64/>

<http://www.blogbiologico.it/agricoltura-biologica/michael-pollan-il-bio-la-coltivazione-del-futuro-ecco-il-video-che-spopola-su-youtube/#more-3364>

Il video:

<http://www.youtube.com/watch?v=YJIA5Qml5JY&feature=youtu.be>