

Pollan, *In Defense of Food* Getting Over Nutritionism

Take approximately 15 minutes in your small group to discuss the following: Refer as needed to the list (below) of recommendations Pollan makes in Part Three of his book. How and to what extent does his “unpacking” of the seven words satisfy our need for resolution? Evaluate the relative success of the book’s ability to fulfill the promises he makes in the Introduction.

EAT FOOD: Don’t eat anything your great-grandmother wouldn’t recognize as food. Avoid products that are unfamiliar, unpronounceable, more than five in number, or that include high fructose corn syrup. Avoid products that make health claims. Shop the peripheries of the supermarket and stay out of the middle. Get out of the supermarket whenever possible.

NOT TOO MUCH: Pay more, eat less. Eat meals. Do your eating at a table. Don’t get your fuel from the same place your car does. Try not to eat alone. Consult your gut. Eat slowly. Cook; plant a garden.

MOSTLY PLANTS: Eat like an omnivore. Eat well-grown food from healthy soils. Eat wild foods when you can. Be the kind of person who takes supplements. Eat more like the French or the Italians or the Japanese or the Indians or the Greeks. Regard non-traditional foods with skepticism. Don’t look for the magic bullet in the traditional diet. Have a glass of wine with dinner.