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Food Rules: An Eater's Manual is a 2009 book by Michael Pollan. It offers 64 rules on eating based on his previous book In Defense of Food in three sections: Eat food, mostly plants, not too much. (Apples are food, twinkies are not.) The book

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"diseases of affluence", to the so-called "Western Diet" of processed meats and food products, and offers its rules as a remedy to the problem.

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