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**Sinopsis**

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Eating doesn't have to be so complicated. In this age of ever-more elaborate diets and conflicting health advice, Food Rules brings welcome simplicity to our daily decisions about food. Written with 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. It's an easy-to-use guide that draws from a variety of traditions, suggesting how different cultures through the ages have arrived at the same enduring wisdom about food. Whether at the supermarket or an all-you-can-eat buffet, this is the perfect guide for anyone who ever wondered, "What should I eat?"