Eat food. Not too much. Mostly plants.

Eat food:
* Don’t eat anything your great grandmother wouldn’t recognize as food. Or that will never rot (think Twinkie).
* Avoid food products containing ingredients that are: unfamiliar, unpronounceable, more than five in number, or that include high fructose corn syrup
* Avoid food products that make health claims. For a food product to make health claims on its package it must first have a package.
* Shop the peripheries of the supermarket and stay out of the middle.
* Get out of the supermarket whenever possible. The farmers’ market is one of the fastest growing segments of the food marketplace.
http://www.localharvest.org/
Not too much:

* Pay more, eat less. In 1960 Americans spent 17.5% of their income on food and 5.2% of the national income on health care. Now spending on food has fallen to 9.9% and spending on health care has climbed to 16%. American farmers produced 600 more calories per person per day in 2000 than they did in 1980 and Americans have added an additional 300 calories to their diet since 1980. We spend a smaller percentage of our income on food than any other industrialized society.
* Eat meals. The bulk of the calories added to our diet in the last 20 years have come in the form of snacks.
* Do all your eating at a table. Sitting, not standing, and no your desk and/or dashboard do not count as a table. One study found that among 18-50 year old Americans, roughly a fifth of all eating now takes place in the car.
* Don’t get your fuel from the same place your car does. Gas stations have become processed corn stations: ethanol outside for your car and high-fructose corn syrup inside for you.
* Try not to eat alone.
* Consult your gut. Studies show that larger portion sizes served lead to larger calorie intake. When eating ask yourself, Am I really still hungry?
* Eat slowly. “Eating with the fullest pleasure- pleasure, that is, that does not depend on ignorance- is perhaps the profoundest enactment of our connection with the world. In this pleasure we experience and celebrate our dependence and our gratitude, for we are living from mystery, from creatures we did not make and powers we cannot comprehend.” Wendell Berry
* Cook and, if you can, plant a garden. The cook in the kitchen preparing a meal from plants and animals at the end of this shortest of food chains has a great many things to worry about, but “health” is simply not one of them, because it is given.
Mostly plants:
* Especially leaves. In countries where people eat a pound or more of fruits and vegetables in a day, the rate of cancer is half what it is in the United States.
* You are what you eat too. Animals fed a diet of grass have healthier fats and higher levels of vitamins and anti-oxidants in their meat, milk and eggs.
* If you have the space, buy a freezer.
* Eat well-grown food from healthy soils. Studies have found higher levels of antioxidants, flavanoids and vitamins in several organic crops when compared to conventionally grown foods.
* Eat wild foods when you can. Wild plants have to defend themselves against pests and disease and therefore have higher levels of various phytochemicals and omega-3 fatty acids.
* Be the kind of person who takes supplements. ie be more health conscious, better educated and more affluent.
* Eat more like the French, or the Italian, or the Japanese, or the Indian, or the Greeks. The specific combinations of foods in a cuisine and the ways they are prepared constitute a deep reservoir of accumulated wisdom about diet and health and place.
* Regard nontraditional foods with skepticism.
* Don’t look for the magic bullet in the traditional diet.
* Have a glass of wine with dinner. Most health experts recommend no more than 2 glasses a day for men and one glass a day for women. Drink a little each day instead of a lot at once and drink with food.
Resources:
Gardner, Christopher D. The Effect of a Plant-Based Diet on Plasma Lipids in Hypercholesterolemic Adults. Archives of Internal Medicine. 142 (2005): 725-33
More information:

**www.michaelpollan.com**

His own website, including sections on: Sustainable eating and nutrition, Growing Food, Politics and Policy and links to different organizations doing valuable work.

**School based programs**

*National Farm to School Network: http://www.farmtoschool.org/links.php
*Center for Ecoliteracy: http://www.ecoliteracy.org/
*www.HealthySchoolLunches.org

**Where to buy local food**

*American Community Gardening Association: http://www.communitygarden.org/
*Directory of Local Sustainable Farms, CSAs, Restaurants: http://www.localharvest.org/
*USDA Directory of Farmers Markets: http://www.ams.usda.gov/AMSv1.0/farmersmarkets

**Get your garden growing**

*Permaculture Institute: http://www.permaculture.org/nm/index.php/site/index/
*Urban Permaculture Guild: http://www.urbanpermacultureguild.org/
*The Land Institute: http://www.landinstitute.org/vnews/display.v/ART/2000/08/10/37a747b43
* Helping people grow and harvest fruit on their own property: http://cityfruit.org/blog/

**Clinic/Hospital based nutrition initiatives**

*Healthy Living Curriculum: http://www.lcdcfh.org/healthy-living-curriculum.cfm
*Health Care Without Harm, Healthy Food Pledge: http://www.noharm.org/us_canada/issues/food/pledge.php

*Calorie & Fitness Trackers: free online tools to help patients monitor their progress

  * www.fitday.com
  * http://www.livestrong.com/thedailyplate/

**Access to healthy food/cooking**

*D’Angelo H, Suratkar S, Song HJ, Stauffer E, Gittelsohn J. Access to food source and food source use are associated with healthy and unhealthy food-purchasing behaviours


**Obesity**


