



Regras da comida (Portuguese Edition)

Michael Pollan

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Escrito com a concisão, a sabedoria e a clareza que se tornaram marcas registradas de Michael Pollan, esse manual estabelece uma série de regras simples e fáceis de memorizar para comer com sabedoria – uma por página, seguida de uma breve explicação quando necessário.

Pollan elegeu os princípios básicos que devem nortear a dieta equilibrada e dividiu as regras da alimentação saudável em três categorias. A primeira, "O que devo comer? Coma comida de verdade", destina-se a distinguir o que é comida saudável das "substâncias comestíveis parecidas com comida", que fazem adoecer e engordar. "Que tipo de comida devo comer? Principalmente vegetais" esclarece distinções entre os variados tipos de alimentos e questões como o consumo de carne – que não precisa ser banida da dieta. Na terceira parte, "Como devo comer? Pouco", ele aborda as estratégias para se chegar à maneira correta de se alimentar com dicas que visam a evitar os excessos responsáveis pelo sobrepeso e suas consequências.

Sucinto e prático, o livro Regras da comida: um manual da sabedoria alimentar prova que comer bem pode ser fácil e muito prazeroso.

The New York Times "Nunca encontrei nada mais inteligente, sensato e simples de seguir do que os 64 princípios básicos descritos nesse livro pequeno e fácil de digerir."

Época "O trabalho de Pollan fornece um dos alicerces do movimento global pela revalorização da comida natural."

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