

From "Food Rules":

- 1. Avoid food products containing ingredients that no ordinary human being would keep in the pantry.**
- 2. If it came from a plant, eat it; if it was made in a plant, don't.**
3. Eat mostly plants, especially leaves. Aim for a pound or more of fruits and vegetables a day.
4. Treat meat as a flavoring or special occasion food. And when & if you do—Eat animals that have themselves eaten well.
5. Eat your colors.
6. Eat well-grown food from healthy soil.
7. Eat some foods that have been predigested by bacteria or fungi. Many cultures swear by the health benefits of fermented foods: yogurt, sauerkraut, kimchi, kefir, natto, and tempeh.
8. Pay more, eat less.
9. Eat less. Eat slowly. Stop before you're full.
10. Limit your snacks to unprocessed plant foods.
11. Try not to eat alone.
12. Cook.
13. Don't leave the table until you've finished your fruit. "My parents are both from Italy & one of our family rules was that you could not leave the table until you had finished your fruit. 'Non si puo lasciare la tavolo fino che hai finito la frutta.' It was a great way to incorporate fruit into our diets and also helped satiate our sweet tooths, keeping us away from less healthful sweets." Marta C. Larusso
- 14. "Don't eat anything that took more energy to ship than to grow." Carrie Cizauskas**
- 15. "Never eat anything that is pretending to be something else; e.g. 'textured vegetable protein' or veggie burgers (fake meat), no artificial sweeteners, no margarine (fake butter), no 'low fat' sour cream no turkey bacon, no 'chocolate-flavor sauce' that doesn't contain chocolate, no 'quorn'. If I want something that tastes like meat or butter, I would rather have the real thing than some chemical concoction pretending to be more healthful."**

16. "Make and take your own lunch to work. My father has always done this, and so have I. It saves money, and you know what you are eating." Hope Donovan Rider
17. "**If you are not hungry enough to eat an apple then you are not hungry.**" Emma Fogt
18. "**The Chinese have a saying, 'Eat until you are seven-tenths full and save the other three-tenths for hunger'. That way, food always tastes good, and you don't eat too much.**" Nancy Ni
19. "One of my top rules for eating comes from economics. The Law of Diminishing Marginal Utility reminds me that each additional bite is generally less satisfying than the previous bite. This helps me slow down, savor the first bites, stop eating sooner." Laura Kelley
20. "No second helpings, no matter how scrumptious." Karen Harmin

21. "It's better to pay the grocer than the doctor" was the saying that my Italian grandmother would frequently use to remind us of the love and attention to detail that went into her cooking." John Forti.

22. Break the rules once in awhile!

"Don't eat egg salad from a vending machine"

#19 If it came from a plant, eat it; if it was made in a plant, don't.

#36 Don't eat breakfast cereals that change the color of the milk.

This should go without saying. Such cereals are highly processed and full of refined carbohydrates as well as chemical additives.

#39 Eat all the junk food you want as long as you cook it yourself.

There is nothing wrong with eating sweets, fried foods, pastries, even drinking soda every now and then, but food manufacturers have made eating these formerly expensive and hard-to-make treats so cheap and easy that we're eating them every day. The french fry did not become America's most popular vegetable until industry took over the jobs of washing, peeling, cutting, and frying the potatoes -- and cleaning up the mess. If you made all the french fries you ate, you would eat them much less often, if only because they're so much work. The same holds true for fried chicken, chips, cakes, pies, and ice cream. Enjoy these treats as often as you're willing to prepare them -- chances are good it won't be every day.

#47 Eat when you are hungry, not when you are bored.

For many of us, eating has surprisingly little to do with hunger. We eat out of boredom, for entertainment, to comfort or reward ourselves. Try to be aware of why you're eating, and ask yourself if you're really hungry -- before you eat and then again along the way. (One old wive's test: If you're not hungry enough to eat an apple, then you're not hungry.) Food is a costly antidepressant.

#58 Do all your eating at a table.

No, a desk is not a table. If we eat while we're working, or while watching TV or driving, we eat mindlessly -- and as a result eat a lot more than we would if we were eating at a table, paying attention to what we're doing. This phenomenon can be tested (and put to good use): Place a child in front of a television set and place a bowl of fresh vegetables in front of him or her. The child will eat everything in the bowl, often even vegetables that he or she doesn't ordinarily touch, without noticing what's going on. Which suggests an exception to the rule: When eating somewhere other than at a table, stick to fruits and vegetables.

Eat foods in inverse proportion to how much its lobby spends to push it – Kirk Westphal

“Avoid snack foods with the “OH” sound in their names: Cheetos, Fritos, Ho-hos, Doritos, etc.” – Donna David

“Don’t eat anything you’re not willing to kill yourself” – Lorene Lavora