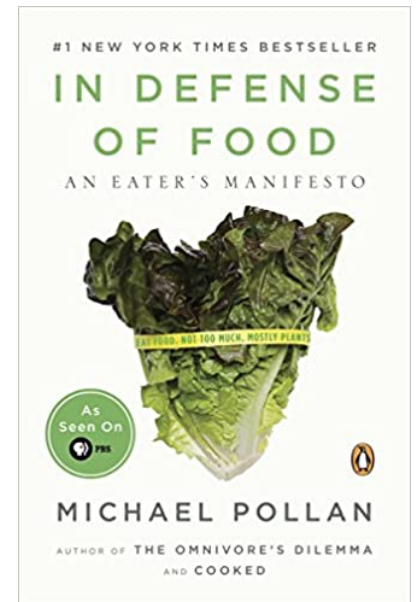


# In Defense of Food Book Summary (PDF) by Michael Pollan

Ready to learn the most important takeaways from In Defense of Food in less than two minutes? Keep reading!



## Why This Book Matters:

In this fascinating study of the difference between food & nutritionism, the renowned American author and food ecologist Michael Pollan takes a keen look at how the food industry has successfully changed our perception of dietary needs.

## The Big Takeaways:

1. **Focusing more on nutrition rather than the quality of food results in poor health.**
  1. If The rise of nutritionism in the last 50 years has led people toward processed foods that are mostly ripped of their organic nutrients.
2. **The nutrient-focused claims on food products misinterpret real health factors.**
  1. The so-called nutritional qualities labeled on

food products successfully hide the real nutritional value of a food.

**3. Science-backed diets against cultural food aren't doing much good for Americans.**

1. Despite more and more Americans cutting out fatty ingredients, problems such as obesity and diabetes persist.

**4. The real health factor of an ingredient lies in the soil, not in the industry.**

1. Western diet has shifted its production from nutrient-rich soil to chemicalized industries. This is the problem.

**5. Eat natural, pure, and unprocessed foods.**

1. Remove over-complicated foods from your diet.

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