



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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William Duhon:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or their particular friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Might be reading a book is usually option to fill your free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled Regras da comida (Portuguese Edition) can be excellent book to read. May be it might be best activity to you.

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