1. Eat food
2. Don’t eat anything your great grandmother wouldn’t recognize as food
3. Avoid food products containing ingredients that no ordinary human would keep in the pantry
4. Avoid food products that contain high-fructose corn syrup
5. Avoid food products that have some form of sugar (or sweetener) listed among the top three ingredients
6. Avoid food products that have more than 5 ingredients
7. Avoid food products containing ingredients that a third-grader cannot pronounce
8. Avoid food products that make health claims
9. Avoid foods you see advertised on television
10. Get out of the supermarket whenever you can (to buy food)
11. Shop the peripheries of the supermarket and stay out of the middle
12. Eat only foods that will eventually rot
13. Eat mostly plants, especially leaves
14. Treat meat as a flavoring or special occasion food
15. Eating what stands on one leg [mushrooms and plant foods] is better than eating what stands on two legs [fowl], which is better than eating what stands on four legs [cows, pigs and other mammals].
16. Eat your colors
17. Drink the spinach water
18. Don’t ingest foods made in places where everyone is required to wear a surgical cap
19. If it came from a plant, eat it; if it was made in a plant, don’t.
20. It’s not food if it arrived through the window of your car
21. It’s not food if it’s called by the same name in every language (Think Big Mac, Cheetos or Pringles)
22. When you eat real food, you don’t need roles
23. Eat your colors
24. Make water your beverage of choice
25. Milk is a food, not a beverage
26. The whiter the bread, the sooner you’ll be dead”
27. Avoid sugary and starchy foods if you’re concerned about weight
28. Favor the kinds of oils and grains that have traditionally been stone ground
29. Eat all the junk food you want as long as you cook it yourself
30. Love your spices
31. Be the kind of person who takes supplements - then skip the supplements
32. Eat more like the French. Or the Japanese. Or the Italians. Or the Greeks.
33. Regard nontraditional foods with skepticism
50. Avoid ingredients that lie to your body (artificial sweeteners and flavorings, starches, MMSG, texturizers)
51. Enjoy drinks that have been caffeinated by nature not food science (coffee, tea)
52. Have a glass of wine with dinner
53. Pay more, eat less
54. Eat less
55. Stop eating before you’re full
56. Eat when you are hungry, not when you are bored
57. If you’re not hungry enough to eat an apple, then you’re probably not hungry
58. It’s okay to be a little hungry
59. Don’t let yourself get too hungry
60. Consult your gut (slow down and pay attention what your body is telling you)
61. Serve the vegetables first
62. Eat slowly (enough to savor your food; you’ll need less of it to be satisfied)
63. “The banquet is in the first bite”
64. Spend as much time enjoying the meal as it took to prepare it
65. Give some thought to where your food comes from
66. Don’t become a short order cook
67. Buy smaller plates and glasses
68. Serve a proper portion and don’t go back for seconds
69. Order the small (in a restaurant)
70. Breakfast like a king, lunch like a prince, dinner like a pauper
71. Eat meals (snacking less)
72. Limit your snacks to unprocessed plant foods
73. Do all your eating at a table
74. Don’t get your fuel from the same place your car does
75. “No labels on the table” (keep logos and food packaging off the dinner table)
76. Place a bouquet of flowers on the table and everything will taste twice as good
77. Leave something on your plate
78. Eat with other people whenever you can
79. Treat treats as treats
80. Compost
81. Plant a vegetable garden if you have space, a window box if you don’t
82. Cook
83. Break the rules once in a while