

# Michael Pollan

## Quotes

*People, Thinking, Animal, Eating, Food, Writing, Cooking, Garden, World,  
Vegetables, Oil, Mean, Real, Years, Land, Needs, Issues, Agriculture,  
Important, Long*

In addition to contributing to erosion, pollution, food poisoning, and the dead zone, corn requires huge amounts of fossil fuel - it takes a half gallon of fossil fuel to produce a bushel of corn.

~Michael Pollan

People in Slow Food understand that food is an environmental issue.

~Michael Pollan

Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well.

~Michael Pollan

Were the walls of our meat industry to become transparent, literally or even figuratively, we would not long continue to raise, kill, and eat animals the way we do.

~Michael Pollan

The correlation between poverty and obesity can be traced to agricultural policies and subsidies.

~Michael Pollan

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

~Michael Pollan

Eat food. Not too much. Mostly plants.

~Michael Pollan

Cooking (from scratch) is the single most important thing we could do as a family to improve our health and general well-being.

~Michael Pollan

A lawn is nature under totalitarian rule.

~Michael Pollan

People say they don't have time to cook, yet in the last few years we have found an extra two hours a day for the internet.

~Michael Pollan

Most important thing about your diet is who cooks it, a human or a corporation.

~Michael Pollan

People forget that eating represents their most profound engagement with the natural world. Through agriculture is how we change the world, more than anything else we do.

~Michael Pollan

I think perfect objectivity is an unrealistic goal; fairness, however, is not

~Michael Pollan

The shared meal elevates eating from a mechanical process of fueling the body to a ritual of family and community, from the mere animal biology to an act of culture.

~Michael Pollan

It's not food if it arrived through the window of your car.

~Michael Pollan

Okinawa, one of the longest-lived and healthiest populations in the world, practice a principle they call hara hachi bu: Eat until you are 80 percent full.

~Michael Pollan

In 2008, a year of supposed 'food crisis', we grew enough food to feed 11 billion people. Most of it was not eaten by humans as food, however.

~Michael Pollan

Shake the hand that feeds you.

~Michael Pollan

Don't eat anything your great-grandmother wouldn't recognize as food.

~Michael Pollan

The garden suggests there might be a place where we can meet nature halfway.

~Michael Pollan

... the way we eat represents our most profound engagement with the natural world. Daily, our eating turns nature into culture, transforming the body of the world into our bodies and minds.

~Michael Pollan

For is there any practice less selfish, any labor less alienated, any time less wasted, than preparing something delicious and nourishing for people you love?

~Michael Pollan

You are what what you eat eats.

~Michael Pollan

Cooking might be the most important factor in fixing our public health crisis. It's the single most important thing you can do for your health.

~Michael Pollan

This is part of human nature, the desire to change consciousness.

~Michael Pollan

We are not only what we eat, but how we eat, too.

~Michael Pollan

If you're not hungry enough to eat an apple, you're not hungry.

~Michael Pollan

Avoid food products containing ingredients that are A) unfamiliar B) unpronounceable C) more than five in number or that include D) high-fructose corn syrup

~Michael Pollan

Instead of eating exclusively from the sun, humanity now began to sip petroleum.

~Michael Pollan

Don't eat anything your great-great grandmother wouldn't recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn't recognize as food.. stay away from these

~Michael Pollan

The energy I was sensing in audiences was political energy, as much as anything else.

~Michael Pollan

In corn, I think I've found the key to the American food chain. If you look at a fast-food meal, a McDonald's meal, virtually all the carbon in it - and what we eat is mostly carbon - comes from corn.

~Michael Pollan

Spend as much time enjoying the meal as it took to prepare it

~Michael Pollan

Any kind of food you eat is going to have an impact on the world. If you switch to tofu and get off meat, the soy bean is doing enormous damage in the Amazon and all throughout South America.

~Michael Pollan

Dreams of innocence are just that; they usually depend on a denial of

reality that can be its own form of hubris.

~Michael Pollan

Every major food company now has an organic division. There's more capital going into organic agriculture than ever before.

~Michael Pollan

Don't eat anything incapable of rotting.

~Michael Pollan

Rule No.37 The whiter the bread, the sooner you'll be dead.

~Michael Pollan

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

~Michael Pollan

Don't ingest foods made in places where everyone is required to wear a surgical cap.

~Michael Pollan

The whole problem of industrial agriculture is putting all of your eggs in one basket. We need to diversify our food chains as well as our fields so that when some of them fail, we can still eat.

~Michael Pollan

America ships tons of sugar cookies to Denmark and Denmark ships tons of sugar cookies to America. Wouldn't it be more efficient just to swap recipes?

~Michael Pollan

A growing and increasingly influential movement of philosophers, ethicists, law professors and activists are convinced that the great moral struggle of our time will be for the rights of animals.

~Michael Pollan

Eat slowly, with other people whenever possible, and always with pleasure.

~Michael Pollan

The food system is a very complex beast. There are people who are going to get their food at Wal-Mart or at Safeway; they're not going to the farmers' market. Those people need choices too.

~Michael Pollan

Tree planting is always a utopian enterprise, it seems to me, a wager on a future the planter doesn't necessarily expect to witness.

~Michael Pollan

Eating's not a bad way to get to know a place.

~Michael Pollan

The banquet is in the first bite.

~Michael Pollan

The larger meaning here is that mainstream journalists simply cannot talk about things that the two parties agree on; this is the black hole of American politics.

~Michael Pollan

The things journalists should pay attention to are the issues the political leadership agrees on, rather than to their supposed antagonisms.

~Michael Pollan

Better to pay the grocer than the doctor.

~Michael Pollan

In general, science journalism concerns itself with what has been published in a handful of peer-reviewed journals - Nature, Cell, The New England Journal of Medicine - which set the agenda.

~Michael Pollan

I mean, we're really making a quantum change in our relationship to the plant world with genetic modification.

~Michael Pollan

Eat only until you're 4/5 full. An ancient Japanese injunction.

~Michael Pollan

Eat with consciousness. When you eat with consciousness, and you know what you're eating, and you eat it in full appreciation of what it is, it's enormously satisfying.

~Michael Pollan

Time is the missing ingredient in our recipes-and in our lives.

~Michael Pollan

When you go to the grocery store, you find that the cheapest calories are the ones that are going to make you the fattest - the added sugars and fats in processed foods.

~Michael Pollan

If you're going to change the food system, there is a lot that you, the consumer, can do on your own; but in the end, it will be very important to make changes at the national level.

~Michael Pollan

You cannot eat apples planted from seeds. They must be grafted, cloned.

~Michael Pollan

But that's the challenge -- to change the system more than it changes you.

~Michael Pollan



High-quality food is better for your health.

~Michael Pollan

Corn is a greedy crop, as farmers will tell you.

~Michael Pollan

Nature abhors a garden.

~Michael Pollan

Seeds have the power to preserve species, to enhance cultural as well as genetic diversity, to counter economic monopoly and to check the advance of conformity on all its many fronts.

~Michael Pollan

Culture, when it comes to food, is of course a fancy word for your mom.

~Michael Pollan

[Government] regulation is an imperfect substitute for the accountability, and trust, built into a market in which food producers meet the gaze of eaters and vice versa.

~Michael Pollan

we ask for too much salvation by legislation. All we need to do is empower individuals with the right philosophy and the right information to opt out en masse. (quoting Joel Salatin)

~Michael Pollan

The gardener cultivates wildness, but he does so carefully and respectfully, in full recognition of its mystery.

~Michael Pollan

For it is only by forgetting that we ever really drop the thread of time and approach the experience of living in the present moment, so

elusive in ordinary hours.

~Michael Pollan

This, for many people, is what's most offensive about huntingâ€”to some, disgusting: that it encourages, or allows, us not only to kill but to take a certain pleasure in killing

~Michael Pollan

It has become much harder, in the past century, to tell where the garden leaves off and pure nature begins.

~Michael Pollan

I made the unexpected but happy discovery that the answer to several of the questions that most occupied me was in fact one and the same: Cook.

~Michael Pollan

Don't get your fuel from the same place your car does

~Michael Pollan

When chickens get to live like chickens, they'll taste like chickens, too.

~Michael Pollan

Avoid food products containing ingredients that a third-grader cannot pronounce.

~Michael Pollan

What an extraordinary achievement for a civilization: to have developed the one diet that reliably makes its people sick!

~Michael Pollan

The human animal is adapted to, and apparently can thrive on, an extraordinary range of different diets, but the Western diet, however you define it, does not seem to be one of them.

~Michael Pollan

The big journals and Nobel laureates are the equivalent of Congressional leaders in science journalism.

~Michael Pollan

Any food product that feels compelled to tell you it's natural in all likelihood is not.

~Michael Pollan

Why don't we pay more attention to who our farmers are? We would never be as careless choosing an auto mechanic or babysitter as we are about who grows our food.

~Michael Pollan

At home I serve the kind of food I know the story behind.

~Michael Pollan

There is nothing wrong with special occasion foods, as long as every day is not a special occasion.

~Michael Pollan

Eat foods made from ingredients that you can picture in their raw state or growing in nature.

~Michael Pollan

It's really important for your health, because you will never use as much salt and fat and sugar as a corporation will use cooking for you.

~Michael Pollan

Growing corn, which from a biological perspective had always been a process of capturing sunlight to turn into food, has in no small measure become a process of converting fossil fuels into food.

~Michael Pollan

Design in nature is but a concatenation of accidents, culled by natural selection until the result is so beautiful or effective as to seem a miracle of purpose.

~Michael Pollan

One of the reasons we eat fast food is that we don't have to cook fast food. We are out-sourcing cooking to corporations, they tend to cook with far too much salt, fat, and sugar.

~Michael Pollan

Avoid food products with more than five ingredients; with ingredients you can't pronounce.

~Michael Pollan

My work has also motivated me to put a lot of time into seeking out good food and to spend more money on it.

~Michael Pollan

Not everyone can afford to eat well in America, which is a literal shame, but most of us can: Americans spend less than 10 percent of their income on food, less than the citizens of any other nation.

~Michael Pollan

Rule No. 12: shop the peripheries of the supermarket and stay out of the middle.

~Michael Pollan

Without its daydreams, the self is apt to shrink down to the size and shape of the estimation of others

~Michael Pollan

Nutrition science is where surgery was in about 1650, you know, really interesting and promising, but would you want to have them operate on you yet? I don't think so.

~Michael Pollan

We are what we eat, it is often said, but of course that's only part of the story. We are what what we eat eats too.

~Michael Pollan

The wonderful thing about food is you get three votes a day. Every one of them has the potential to change the world.

~Michael Pollan

If people eat healthy food, they will save enough to compensate for the food price being healthier and spending less on healthcare.

~Michael Pollan

The real food is not being advertised.

~Michael Pollan

At either end of any food chain you find a biological system—a patch of soil, a human body—and the health of one is connected—literally—to the health of the other.

~Michael Pollan

The problem is that we let special-occasion food become everyday food. That goes for soda and french fries.

~Michael Pollan

I've always been interested in plants because I'm a gardener, so I have a basic understanding of botany and things like that, but it's all self-taught.

~Michael Pollan

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