



Real Food: What to Eat and Why

Nina Planck

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Hailed as the "patron saint of farmers' markets" by the *Guardian* and called one of the "great food activists" by *Vanity Fair's* David Kamp, Nina Planck is single-handedly changing the way we view "real food." A vital and original contribution to the hot debate about what to eat and why, *Real Food* is a thoroughly researched rebuttal to dietary fads and a clarion call for the return to old-fashioned foods.

In lively, personal chapters on produce, dairy, meat, fish, chocolate, and other real foods, Nina explains how ancient foods like beef and butter have been falsely accused, while industrial foods like corn syrup and soybean oil have created a triple epidemic of obesity, diabetes, and heart disease. The *New York Times* said that *Real Food* "poses a convincing alternative to the prevailing dietary guidelines, even those treated as gospel," and that "radical" as Nina's ideas may be, the case she makes for them is "eminently sensible."

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