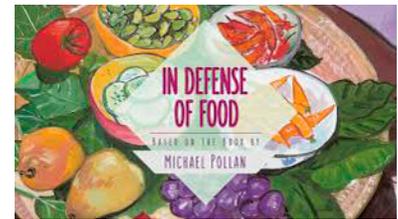




January 5, 2016 – Grand Rapids, MI

A Must-See Movie

The holiday season has been filled with one blockbuster movie after another, but if you want to see a movie that can help you decide what to eat, you have to see "In Defense of Food" with Michael Pollan. It also happens to be free on your PBS station or On Demand depending on your cable or satellite offerings.



There have been many movies that examine the foods we eat today. Most are more political and a criticism of business, government, and especially meat more than anything else. Not this movie. Pollan, a journalism professor, takes a look at food throughout the world and examines how different cultures eat around the world. He lays out the association between the foods we do and do not eat and the health implications. This is the fairest and most balanced explanation of food I've read or seen.

Pollan has been writing about food for well over a decade. Because of that, people have asked him "What should I eat?" He narrowed it down to seven words: Eat food. Not too much. Mostly plants. In the movie, he defines what food is and what it's not, not in a condemning way but in a reasonable one. He interviews some of the world's experts including some of my favorite researchers.

I urge you to see this movie as soon as you can. I think it will put food in perspective for you. There are a couple of things that he did not address or address very effectively, and I'll cover those the rest of the week. Now go and watch this movie!

What are you prepared to do today?

Dr. Chet

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