



Real Food: What to Eat and Why

By Nina Planck

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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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Real Food: What to Eat and Why By Nina Planck Bibliography

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Editorial Review

From Publishers Weekly

Nina Planck is a good, stylish writer and a dogged researcher who writes directly, forthrightly and with an edge. She isn't afraid to make the occasional wisecrack ("No doubt, for some people, cracking open an egg is one chore too many") while taking unpopular positions. Her chosen field—she is a champion of "real" (as opposed to industrialized) food—is one in which unpopular positions are easy to find. As Planck reveals, in her compellingly smart *Real Food: What to Eat and Why*, much of what we have learned about nutrition in the past generation or so is either misinformed or dead wrong, and almost all of the food invented in the last century, and especially since the Second World War, is worse than almost all of the food that we've been eating since we developed agriculture. This means, she says, that butter is better than margarine (so, for that matter, is lard); that whole eggs (especially those laid by hens who scratch around in the dirt) are better than egg whites, and that eggs in general are an integral part of a sound diet; that full-fat milk is preferable to skim, raw preferable to pasteurized, au naturel preferable to homogenized. She goes so far as to maintain—horror of horrors—that chopped liver mixed with real schmaltz and hard-boiled eggs is, in a very real way, a form of health food. Like those who've paved the way before her, she urges us to eat in a natural, old-fashioned way. But unlike many of them, and unlike her sometimes overbearing compatriots in the Slow Food movement, she is far from dogmatic, making her case casually, gently, persuasively. And personally, Planck's philosophy grows directly out of her life history, which included a pair of well-educated parents who decided, when the author was two, to pull up stakes in Buffalo, N.Y., and take up farming in northern Virginia. Planck, therefore, grew up among that odd combination of rural farming intellectuals who not only wanted to raise food for a living but could explain why it made sense. Planck, who is now an author and a creator and manager of farmers' markets, has a message that can be—and is—summed up in straightforward and simple fashion in her first couple of chapters. She then goes on to build her case elaborately, citing both recent and venerable studies, concluding in the end that the only sensible path for eating, the one that maintains and even improves health, the one that maintains stable weight and avoids obesity, happens to be the one that we all crave: not modern food, but traditional food, and not industrial food, but real food. (June)Mark Bittman's latest book is *The Best Recipes in the World* (Broadway); he is also the author of *How to Cook Everything* (Wiley).

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From [Booklist](#)

A successful manager of urban green markets, Planck presents a contrarian view of what constitutes sound nutrition. She urges readers to think back to the kinds of diets that their grandmothers ate, regimens full of foods fresh from farms and from individual purveyors: meats, dairy, and seasonal fruits and vegetables. Planck has a lot to offer about the role of fats in a healthy diet. Although most nutritionists worry about people consuming too much fat, Planck distinguishes good fats from bad, noting that many vital nutrients are absorbed into the body only dissolved in fat. She describes the differences between industrial fats that have been chemically saturated and hydrogenated and those fats that occur naturally in vegetables, fish, and meats, especially lauding the benefits of homemade lard. Planck draws a similar line between natural and industrial soy foods. She also encourages people to consume much more seafood, finding the threat of mercury contamination a bit overblown. Above all, Planck links good nutrition to sensible enjoyment of food in all its variety. *Mark Knoblauch*

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Review

“Nina Planck's powerful concept, ‘real food,’ has changed how we think about what we eat. Now Nina turns to the nutritional needs of the developing human being. Today, one can say that ‘womb ecology’ is the most vital aspect of human ecology. In terms of public health, nothing is more important than the health and well-being of pregnant women. That's why no task is more important than to study the factors--particularly nutritional factors--that influence a baby's growth and development.” ?*Dr. Michel Odent, author of The Farmer and the Obstetrician*

“Nina Planck's personal story of life with baby Julian, from preconception to tending the first tomatoes at their own Small Farm, makes compelling reading. Her no-nonsense, tell-it-like-it-is voice cuts through cant and euphemism like a whiff of sharp cheddar for anyone who wants the real dope. Her basic distinction between real and fake foods makes essential reading not just for mothers with babies, but for all of us who want to live and eat well.” ?*Betty Fussell, author of The Story of Corn, Raising Steaks, and My Kitchen Wars*

“Nina's real food concept is critical for new parents and her advice on introducing solids is the best no-nonsense, eliminate-the-power-struggle option I've read in years.” ?*Erica Lyon, author of The Big Book of Birth and founder of Realbirth*

“How can you not be interested in Nina Planck's book?” ?*Jesse Kornbluth, HeadButler.com*

“[Planck] is a cross between Alice Waters and Martha Stewart.” ?*Washington Post*

“Science is finally catching up to what our grandmothers knew long ago: that traditional foods, and even fats, are actually good for you--and a whole lot healthier than the creations of food technology. Drawing on the latest research and oldest folk wisdom, *Real Food* offers a persuasive and invigorating defense of eggs, butter, meat, and even lard (!), as well as a powerful critique of a food industry that aims to replace these standbys with its highly processed, and sometimes deadly, simulacra. Nina Planck has written a valuable and eye-opening book.” ?*Michael Pollan, author of The Omnivore's Dilemma*

“Planck has written an important book, and her timing may be perfect. With any luck, *Real Food* will resonate with Americans (starved for so long on low-fat diets) and bring Weston Price to a much larger audience than he could ever have imagined.” ?*Los Angeles Times Book Review*

Users Review

From reader reviews:

Scott Frew:

This Real Food: What to Eat and Why book is just not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is definitely information inside this guide incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This particular Real Food: What to Eat and Why without we recognize teach the one who reading it become critical in pondering and analyzing. Don't be worry Real Food: What to Eat and Why can bring any time you are and not make your tote space or bookshelves' come to be full because you can have it inside your lovely laptop even telephone. This Real Food: What to Eat and Why having great arrangement in word and also layout, so you will not truly feel uninterested in reading.

Ali Ellison:

This book untitled Real Food: What to Eat and Why to be one of several books this best seller in this year, this is because when you read this e-book you can get a lot of benefit into it. You will easily to buy this kind of book in the book retail store or you can order it by means of online. The publisher in this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Mobile phone. So there is no reason for your requirements to past this guide from your list.

Allison Larson:

Reading a e-book tends to be new life style in this particular era globalization. With studying you can get a lot of information that could give you benefit in your life. Using book everyone in this world could share their idea. Guides can also inspire a lot of people. Many author can inspire their particular reader with their story or perhaps their experience. Not only the storyplot that share in the textbooks. But also they write about the information about something that you need example of this. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors on this planet always try to improve their proficiency in writing, they also doing some exploration before they write for their book. One of them is this Real Food: What to Eat and Why.

Kyle Reese:

Is it a person who having spare time after that spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This Real Food: What to Eat and Why can be the respond to, oh how comes? The new book you know. You are consequently out of date, spending your extra time by reading in this completely new era is common not a nerd activity. So what these textbooks have than the others?

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