News
EarthBeat



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by Brenna Davis

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PAUSE

REFLECT

Suggestions on eating from Michael Pollan

- "Eat food. Not too much. Mostly plants."
- "Don't eat anything incapable of rotting."
- "Don't eat anything your great-grandmother wouldn't recognize as food."
- "If it came from a plant, eat it; if it was made in a plant, don't."
- "You are what what you eat eats."

> "Imagine if we could eat every meal knowing these few simple things: What it is we're eating. Where it came from. How it found its way to our table. And what it really cost. If that was the reality, then every meal would have the potential to be a perfect meal… Most people don't want to learn to garden or hunt. But we can change the way we make and get our food so that it becomes food again—something that feeds our bodies and our souls. Imagine it: Every meal would connect us to the joy of living and the wonder of nature. Every meal would be like saying grace."

Michael Pollan, *The Omnivore's Dilemma: A Natural History of Four Meals*

PRAY and FAST

Treat yourself to an especially healthy meal today using the suggestions above. Consider fasting from processed foods one day this week and notice how you feel as a result.

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.