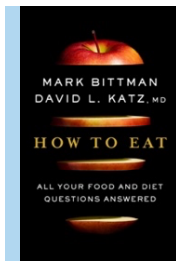


Discussion Guide



How To Eat
Mark Bittman and David Katz, MD

Houghton Mifflin Harcourt
2020
256 pages
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Food and Nutrition

Summary

What is the “best” diet? Do calories matter? And when it comes to protein, fat, and carbs, which ones are good, and which are bad? Mark Bittman and health expert David Katz answer all these questions and more in a lively and easy-to-read Q&A format. Inspired by their viral hit article on *Grub Street*—one of *New York* magazine’s most popular and most-shared articles—Bittman and Katz share their clear, no-nonsense perspective on food and diet, answering questions covering everything from basic nutrients to superfoods to fad diets. Topics include dietary patterns (Just what *should* humans eat?); grains (Aren’t these just “carbs”? Do I need to avoid gluten?); meat and dairy (Does grass-fed matter?); alcohol (Is drinking wine good for me?); and more. Throughout, Bittman and Katz filter the science of diet and nutrition through a lens of common sense, delivering straightforward advice with a healthy dose of wit.

Questions

1. Why do we even need to ask the question, “How to Eat?”
2. The authors’ approach is to marry science with sense. What do think of this premise?
3. What evidence do the authors give to support the book's ideas? Do the authors use personal observations and assessments? Facts? Statistics? Opinions? Historical documents? Scientific research? Quotations from authorities?
4. Is the evidence convincing? Is it relevant or logical? Does it come from authoritative sources? Are the authors authorities? If so, what makes each author an authority?
5. The authors assert that people can train themselves to eat certain foods and not eat other foods by eliminating less healthy choices. Has this book changed the way you go about your daily eating habits? If so, in what way?
6. What is the most important point the authors make in this book? Was this point something new to you? Did it broaden your perspective on the issue of nutrition and health and if so, in what ways?
7. After reading this book, what questions about nutrition do you still have? If you could ask the authors anything, what would it be?
8. What else have you read on this topic, and would you recommend these books to others?