

74 | *Don't Get Your Fuel from
the Same Place Your Car Does*

American gas stations now make more money inside selling food (and cigarettes) than they do outside selling gasoline. But consider what kind of food this is: Except perhaps for the milk and water, it's all highly processed, imperishable snack foods and extravagantly sweetened soft drinks in hefty twenty-ounce bottles. Gas stations have become "processed corn stations": ethanol outside for your car and high-fructose corn syrup inside for you. Don't eat here.

75 | *"No Labels on the Table"*

Keep logos and food packaging off the dinner table. Even if you're having takeout, take the food out of the containers and put it on a platter or plate. You'll eat more slowly and enjoy the food more. It's hard to savor a leisurely meal when surrounded by commercial messages and incipient trash. A corollary rule:

76 | *Place a Bouquet of Flowers
on the Table and Everything
Will Taste Twice as Good*

