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.

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:
Place a Bouquet of Flowers on the Table and Everything Will Taste Twice as Good