Before a crowd of almost 4,000, Pollan noted that Blumenauer as has been a Congressional leader at the forefront of food issues. He further stated that if Blumenauer's priorities were shared by more members on the Committee on Agriculture, US policies would be far better for it.

Pollan did not dwell on some of the mainstream issues of the food movement like local and organic products but rather challenged the audience to look at food problems in the United States from a health perspective. He warned people against eating foods with health claims, and encouraged Americans to examine the way food is thought of, talking about how it can be dangerous to listen to scientific claims made about food, when food and nutrition sciences are still very basic.

He reminded the audience that beyond being just fuel, food can be both enjoyable and a driver of community. Connecting the country's health problems to the economy, he also reminded the audience how expensive it is to treat what he called "Western illnesses" that are a result of the Western diet, and how much better off the country would be financially if these health problems were addressed. Pollan concluded with the simple line from his book *In Defense of Food:* "Eat food. Not too much. Mostly plants."

Blumenauer and Pollan at the PSU Food for Thought Forum