

"Dis-moi ce que tu manges, je te dirai ce que tu es."

***“Tell me what
you eat,
and I shall
tell you
what you are.”***

— Anthelme Brillat-Savarin [1755-1826]
French Politician, Lawyer & Gastronomer
Author of “The Physiology of Taste or Meditations on
Transcendental Gastronomy” (1825; trans. 1925).