



# Food for Life: How the New Four Food Groups Can Save Your Life

*Neal Barnard*

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## **Food for Life: How the New Four Food Groups Can Save Your Life** Neal Barnard

Citing overwhelming medical evidence previously downplayed by powerful lobby groups, Dr. Barnard reveals why a diet based on the new four food groups (grains, legumes, vegetables, and fruits) will sharply decrease the risk of cancer and heart disease and dramatically increase life expectancy. He also unveils a 21-day program for a smooth transition to the new way of eating healthfully. **Line drawings.**

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