



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

Neal D. Barnard

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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.**

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

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Chaosru says

Although I never intend to drop completely into vegan, there are recipes and ideas here that were great. Even my meat-eater family found them palatable.

Lorraine says

One of my first book recommended by my doctor before venturing forth into veganism. Quite informative at the time but many other books have come out that are more suited to the times. I liked that it was from a doctor who wasn't praising dead animal and the amount of protein we're suppose to get from it. It was about health, environment and other aspects of why animal products should be avoided. Should be required reading.

Kristen MacGregor says

I LOVE Neal Barnard- he explains things simply and succinctly. This is a great book to explain the benefits behind eating a vegetarian diet [or you can phrase it as explaining why you should NOT eat animal products!] I also have loved all the recipes of his that I have tried so far.

Betsy says

Recommended by my Doctor. Not sure I can go vegan, but willing to try it for three weeks. Stars may increase after actual use v

Deanna says

I found this at the library and was into it by several chapters before I realized it is quite an old book, published in 1993, and thus a lot of the studies cited are older than that. The author has newer books -- I'll read one of those eventually. But overall, good plant-based diet information.

Anita says

The book was quite repetitive as the author promoted the good reasons for a vegan diet. His reasons were primarily for good health and the basis of that seemed to be low-fat and high fiber. I have been an ovo-lacto vegetarian for about 10 years. I can see his point about how eating eggs and dairy is still eating too much fat,

especially since I tend to eat a lot of dairy. I'm interested in reading his more recent book 21-Day Weight Loss Kickstart.

There actually was a lot of good information in this book, like about B-12 and the tendency to eat too much protein. I felt the book was balanced. It did not have the anger and animosity against those who choose not to eat a vegan diet which I have seen in a couple of other books. It went into detail on a few studies. I did not actually read every bit skimming over sections that do not pertain to me and thumbing through the recipes and menus which was a good portion of the book. I suppose it is for readers like me that the author repeats the main points many times throughout the book.

Gail Richmond says

Although just a bit dated as newer research is now available, Dr. Neal Barnard's text still stands as a seminal work in the field of health and wellness through diet.

Recommended reading for anyone starting the path to better health through a vegan diet, but particularly those who are cancer survivors or have a history of heart or blood sugar issues.

Julian Pecenco says

Somewhat dated, and the information seem to be too much of an overview without much depth.

Beth says

I picked this one up at the library more for the recipes than the actual text. The author strongly suggests veganism, and I am definitely not prepared to make that jump. Still, it's interesting reading.

Aubrey says

I gave this four stars because I really liked it. I think it's five stars for those that have not read similar research.

I went into this book thinking that a lot of the material would overlap with that of Campbell's and Esselstyn's, and thus be boring to me because I had already learned the information. Yet, though much of it did overlap, Barnard still taught me way more than I was expecting, and had not learned in the other studies. Yet the studies, conducted by such a large variety of people and presented in these books, reveal some really amazing things. Like the other books (The China Study and The Engine 2 Diet- of what I have read) the information provided numerous examples and backed with scientific data.

What was great about this book is that Barnard also taught me more than I expected. There were a couple of parts that were dry, but only because I had learned them (sections about meat and dairy) or they didn't pertain to me (like the small section on kids and pregnancy). The book was organized very well. Like any good book

on nutrition, not only did he provide the information and support why one should follow the four food groups but he provides a 21 day meal plan and many recipes. This book is part of what made me decide to remove oil, caffeine, and sugar from my diet (on top of what I already removed years ago: animal products, hydrogenated oils, and artificial preservatives). I would gladly recommend this book. Barnard is yet another doctor that can take scientific terms and really paint a picture, making it easy for us non-sciency folks to understand. The only gripe of mine would be the recipes. I went through them and I'd only use a handful but the mere fact that he provided recipes was pretty darn awesome!

Marjorie says

good- factual- again, great reminders to add more vegetables, whole grains, fruits and legumes to diet. Inspired me to cook a vegy/legume stew for dinner tonight! Promotes a primarily vegan diet

Chris says

I am sure he has updated some of his recommendations by now. This makes me wish I'd read it in 1992.

Genevieve says

Read this in about one day. Wish I could convince every single american to read this book. Anyone who is interested in health (read: everyone) READ THIS!!!!

Rosecasanova says

Even though this book was written in 1993, it still has me rethinking my eating habits and changing some things in the kitchen. It's a very good introduction to the dangers of a high fat diet. There are probably some updated books with more current research to shock you into some serious change. The book does have a good amount of vegan recipes but you have to remember that it's been since 1993 that the explosion of green and organic living has occurred. I do recommend this book as a primer to "The four new food groups."

Annie Minor says

This is an eye opener on the effects of animals products and the American meat and dairy industry lobby. I learned a lot about food and nutrition. The recipes look good. I will try some. There is even a menu planner.
