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Diet for a New America is a 1987
bestselling book by John Robbins. The
book discusses veganism,

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opening account of the myths and truths about meat, milk, fat and protein. I will recommend this book to patients, friends and relatives.▯

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record of American band 58, the group featuring Nikki Sixx. It was released on Sixx's Americoma Records on June 20, 2000.

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vegetarianism because it's both incredibly comprehensive and deeply moving. While some vegetarian books cover only factory farming, or health & nutrition, or environmental benefits of vegetarian diets, Robbins covers all three.

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Social Responsibility class we watched the series of videos "Diet for a New America" available on YouTube. These videos are based on a book with the same name written by John Robbins, the son of Baskin-Robbins co-founder Irv Robbins. Trough the videos I learned the

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foods like fruits, vegetables, nuts,
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definitely associated with decreased
risk of heart disease, cancer and
stroke. And eating a majority of ones

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daily food in the form of animal foods
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