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Directed by Ed Schuman. With Michael Klaper, John McDougall, John Robbins.

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Diet for a New America (TV Movie 1991) - IMDb

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Diet for a New America is the debut 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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The consumption of healthy plant foods like fruits, vegetables, nuts, seeds, whole grains, and legumes are definitely associated with decreased risk of heart disease, cancer and stroke. And eating a majority of ones daily food in the form of animal foods would

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displace these more healthy foods from ones diet.

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