Physicians Committee

for Responsible Medicine

PCRM.ORG

Power Foods

Neal D. Barnard, MD, FACC
Adjunct Professor, George Washington University School of Medicine
President, Physicians Committee for Responsible Medicine, Washington, DC


100 CALORIE
FOOD CALCULATIONS


TAYLOR

much

Certain foods are better than others for weight loss.

PLOS | MEDICINE

2015

RESEARCH ARTICLE

Changes in Intake of Fruits and Vegetables and Weight Change in United States Men and Women Followed for Up to 24 Years: Analysis from Three Prospective Cohort Studies

Monica L. Bertoia[1,2]*, Kenneth J. Mukamal[1,3], Leah E. Cahill[1], Tao Hou[4], David S. Ludwig[1,5], Dariush Mozaffarian[1,2,4,6,7], Walter C. Willett[1,2,4], Frank B. Hu[1,2,4], Eric B. Rimm[1,2,4]

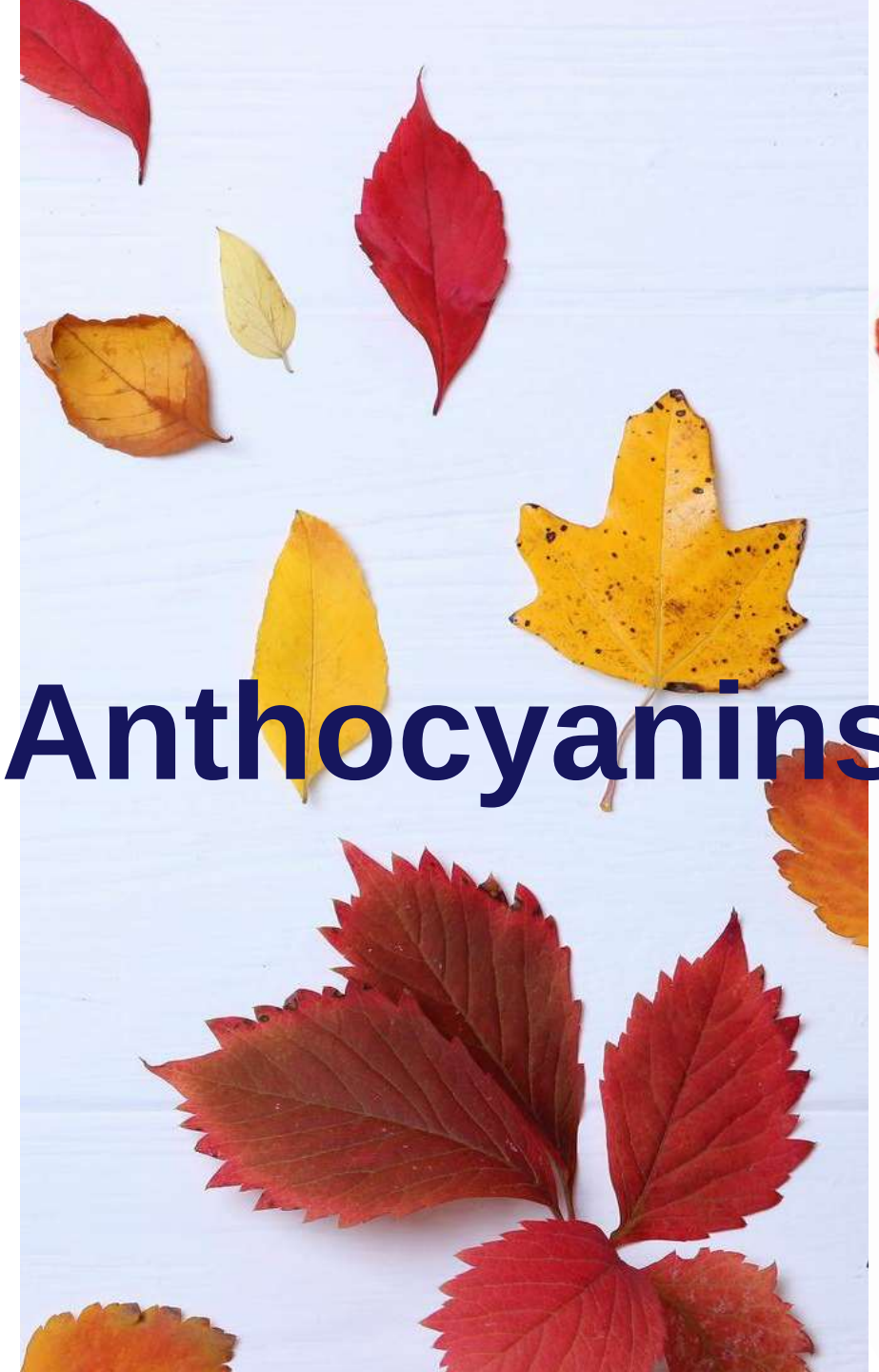
1 Department of Nutrition, Harvard T. H. Chan School of Public Health, Boston, Massachusetts, United States of America, 2 Channing Division of Network Medicine, Department of Medicine, Brigham & Women's Hospital, Harvard Medical School, Boston, Massachusetts, United States of America, 3 Department of Medicine, Beth Israel Deaconess Medical Center, Boston, Massachusetts, United States of America, 4 Department of Epidemiology, Harvard T. H. Chan School of Public Health, Boston, Massachusetts, United States of America, 5 New Balance Foundation Obesity Prevention Center, Boston Children's Hospital, Boston, Massachusetts, United States of America, 6 Division of Cardiovascular Medicine, Brigham and Women's Hospital and Harvard Medical School, Boston, Massachusetts, United States of America, 7 Friedman School of Nutrition Science and Policy, Tufts University, Boston, Massachusetts, United States of America

* mbertoia@hsph.harvard.edu

Citation: Bertoia ML, Mukamal KJ, Cahill LE, Hou T, Ludwig DS, Mozaffarian D, et al. (2015) Changes in Intake of Fruits and Vegetables and Weight Change in United States Men and Women Followed for Up to 24 Years: Analysis from Three Prospective Cohort Studies. PLoS Med 12(9): e1001878. doi:10.1371/journal.pmed.1001878

#1. Berries

Anthocyanins



Anthocyanins

Higher dietary flavonoid intakes are associated with lower objectively measured body composition in women: evidence from discordant monozygotic twins[1,2]

*Amy Jennings,[3] Alex MacGregor,[3] Tim Spector,[4] and Aedín Cassidy[3]**

[3]Department of Nutrition and Preventive Medicine, Norwich Medical School, University of East Anglia, Norwich, United Kingdom; and [4]Department of Twin Research and Genetic Epidemiology, Kings College London, London, United Kingdom

ABSTRACT

Background: Although dietary flavonoid intake has been associated with less weight gain, there are limited data on its impact on fat mass, and to our knowledge, the contribution of genetic factors to this relation has not previously been assessed.

Objective: We examined the associations between flavonoid intakes and fat mass.

Design: In a study of 2734 healthy, female twins aged 18–83 y from the TwinsUK registry, intakes of total flavonoids and 7 subclasses (flavanones, anthocyanins, flavan-3-ols, flavonols, flavones, polymers, and proanthocyanidins) were calculated with the use of food-frequency questionnaires. Measures of dual-energy X-ray absorptiometry–derived fat mass included the limb-to-trunk fat mass ratio (FMR), fat mass index, and central fat mass index.

Results: In cross-sectional multivariable analyses, higher intake of anthocyanins, flavonols, and proanthocyanidins were associated with a lower FMR with mean ± SE differences between extreme

INTRODUCTION

There is increasing evidence that dietary flavonoids, which are a diverse range of polyphenolic compounds that are present in plant-based foods such as fruits, vegetables, tea, wine, and chocolate, may be beneficial for weight maintenance. Higher intakes of several flavonoid subclasses including flavones, flavonols, and flavan-3-ols (catechins) have been inversely associated with BMI (in kg/m^2) gain over 14 y (1), and pooled results from 3 prospective cohort studies in 124,086 US men and women suggested that increased intakes of most flavonoid subclasses are associated with less weight gain over 24 y, with the greatest magnitude of associations observed for anthocyanins, flavonoid polymers, and flavonols (2).

Several plausible mechanisms may link flavonoids to weight maintenance although, to date, much of the mechanistic evidence has been related to studies that were conducted with

2,734 Twins
TwinsUK Registry

Jennings A, MacGregor A, Spector T, Cassidy A. Higher dietary flavonoid intakes are associated with lower objectively measured body composition in women: evidence from discordant monozygotic twins. Am J Clin Nutr. 2017;105(3):626-634.

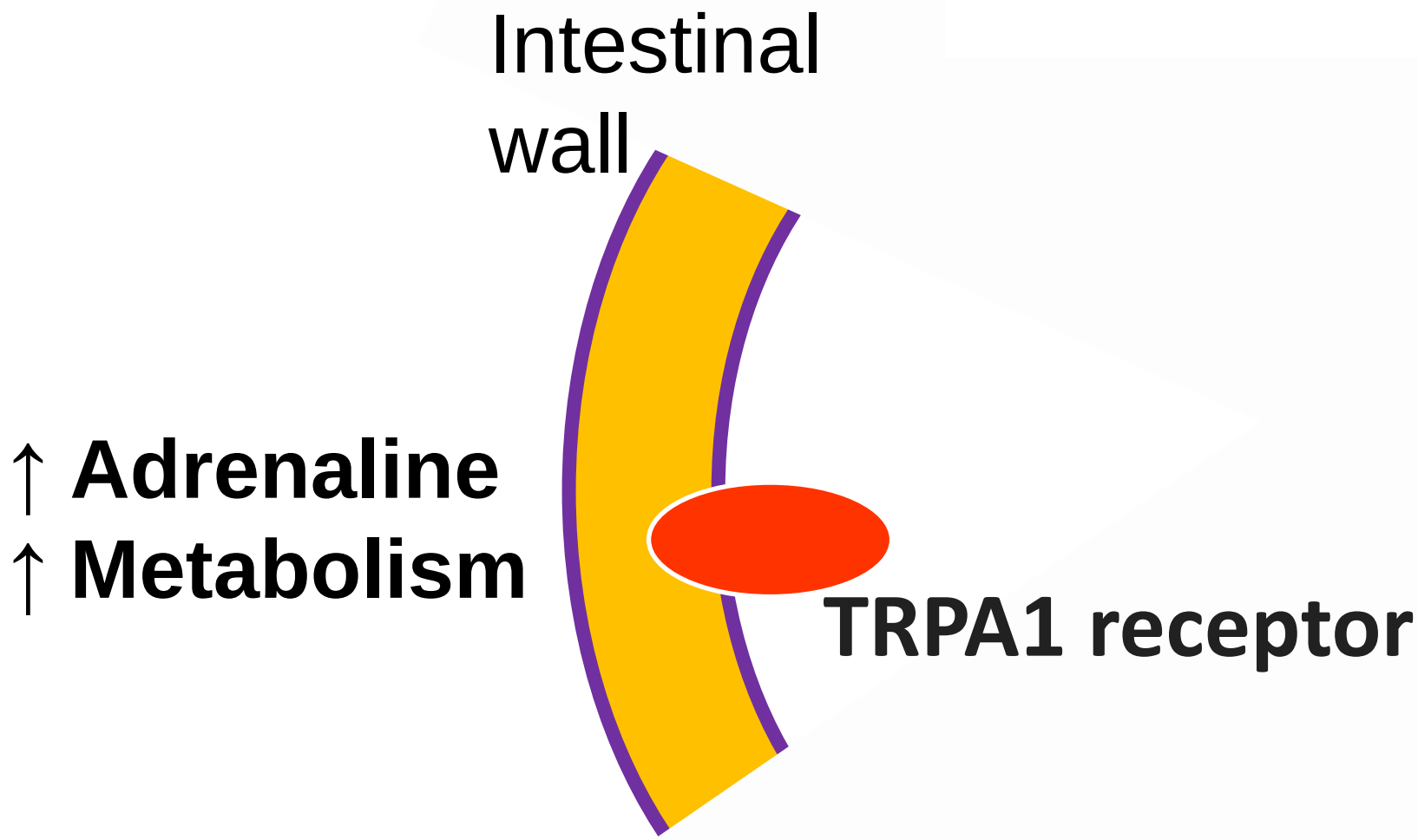

Twin with higher anthocyanin intake
↓9% abdominal fat
Dual-energy X-ray absorptiometry
Fat mass ratio: abdominal fat : limb fat

But it’s not just berries….

Cinnamaldehyde

Increases metabolism

Keramati M, Musazadeh V, Malekahmadi M, et al. Cinnamon, an effective anti-obesity agent: Evidence from an umbrella meta-analysis. *J Food Biochem*. 2022 Aug;46(8):e14166.



TRPA1 : transient receptor potential ankyrin 1

Keramati M, Musazadeh V, Malekahmadi M, et al. Cinnamon, an effective anti-obesity agent: Evidence from an umbrella meta-analysis. *J Food Biochem*. 2022 Aug;46(8):e14166.

Gupta Jain et al. Lipids in Health and Disease (2017) 16:113
DOI 10.1186/s12944-017-0504-8

Lipids in Health and Disease

RESEARCH Open Access

Effect of oral cinnamon intervention on metabolic profile and body composition of Asian Indians with metabolic syndrome: a randomized double -blind control trial

Sonal Gupta Jain[1], Seema Puri[1], Anoop Misra[2*], Seema Gulati[3,4] and Kalaivani Mani[5]

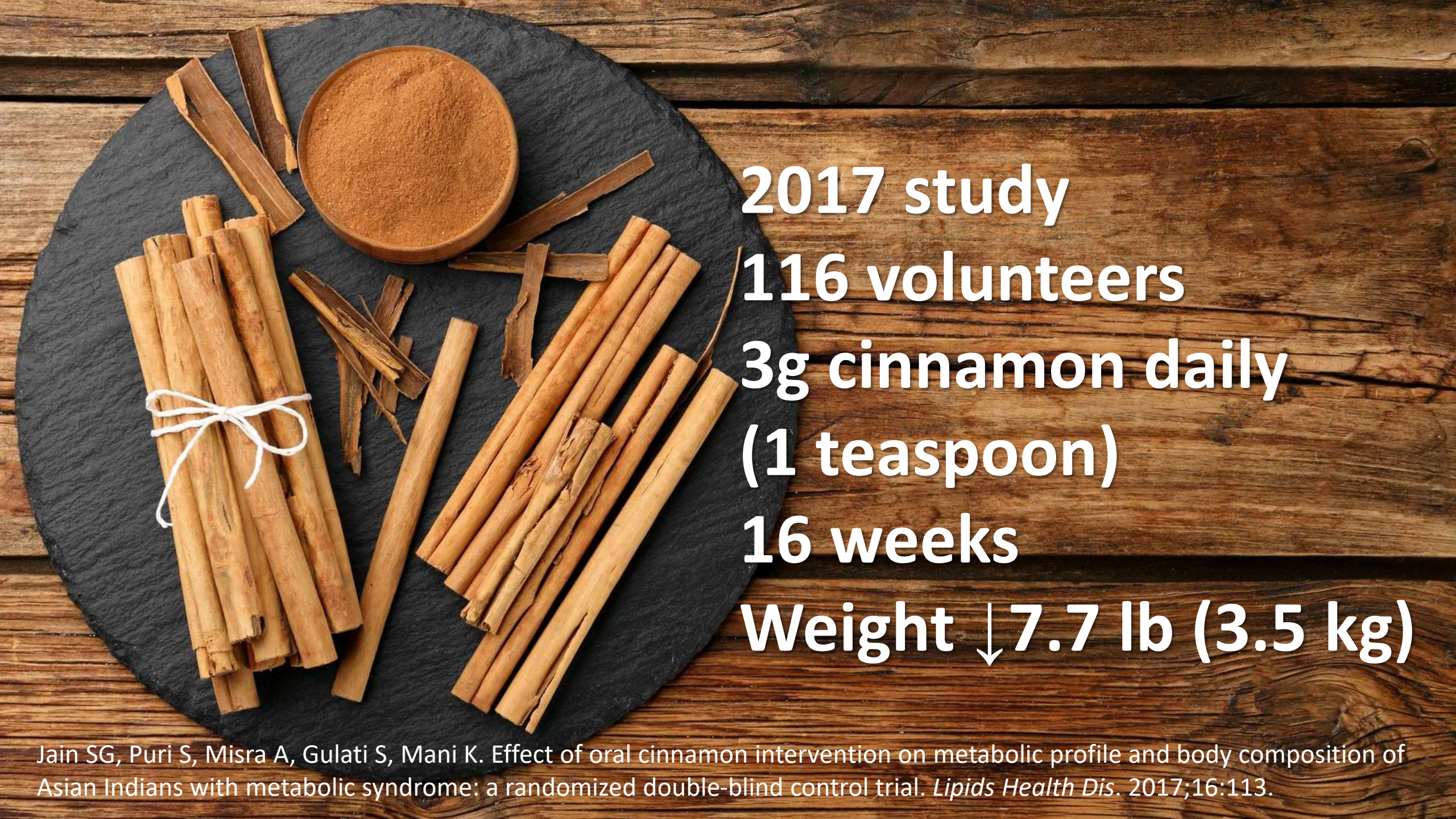
Abstract

Nutritional modulation remains central to the management of metabolic syndrome. Intervention with cinnamon in individuals with metabolic syndrome remains sparsely researched.

Methods: We investigated the effect of oral cinnamon consumption on body composition and metabolic parameters of Asian Indians with metabolic syndrome. In this 16-week double blind randomized control trial, 116 individuals with metabolic syndrome were randomized to two dietary intervention groups, cinnamon [6 capsules (3 g) daily] or wheat flour [6 capsules (2.5 g) daily]. Body composition, blood pressure and metabolic parameters were assessed.

Results: Significantly greater decrease [difference between means, (95% CI)] in fasting blood glucose (mmol/L) [0.3 (0.2, 0.5) $p = 0.001$], glycosylated haemoglobin (mmol/mol) [2.6 (0.4, 4.9) $p = 0.023$], waist circumference (cm) [4.8 (1.9, 7.7) $p = 0.002$] and body mass index (kg/m2) [1.3 (0.9, 1.5) $p = 0.001$] was observed in the cinnamon group compared to placebo group. Other parameters which showed significantly greater improvement were: waist-hip ratio, blood pressure, serum total cholesterol, low-density lipoprotein cholesterol, serum triglycerides, and high-density lipoprotein cholesterol. Prevalence of defined metabolic syndrome was significantly reduced in the intervention group (34.5%) vs. the placebo group (5.2%).

Conclusion: A single supplement intervention with 3 g cinnamon for 16 weeks resulted in significant improvements in all components of metabolic syndrome in a sample of Asian Indians in north India.



Jain SG, Puri S, Misra A, Gulati S, Mani K. Effect of oral cinnamon intervention on metabolic profile and body composition of Asian Indians with metabolic syndrome: a randomized double-blind control trial. *Lipids Health Dis*. 2017;16:113.

Cinnamon and Body Mass Index

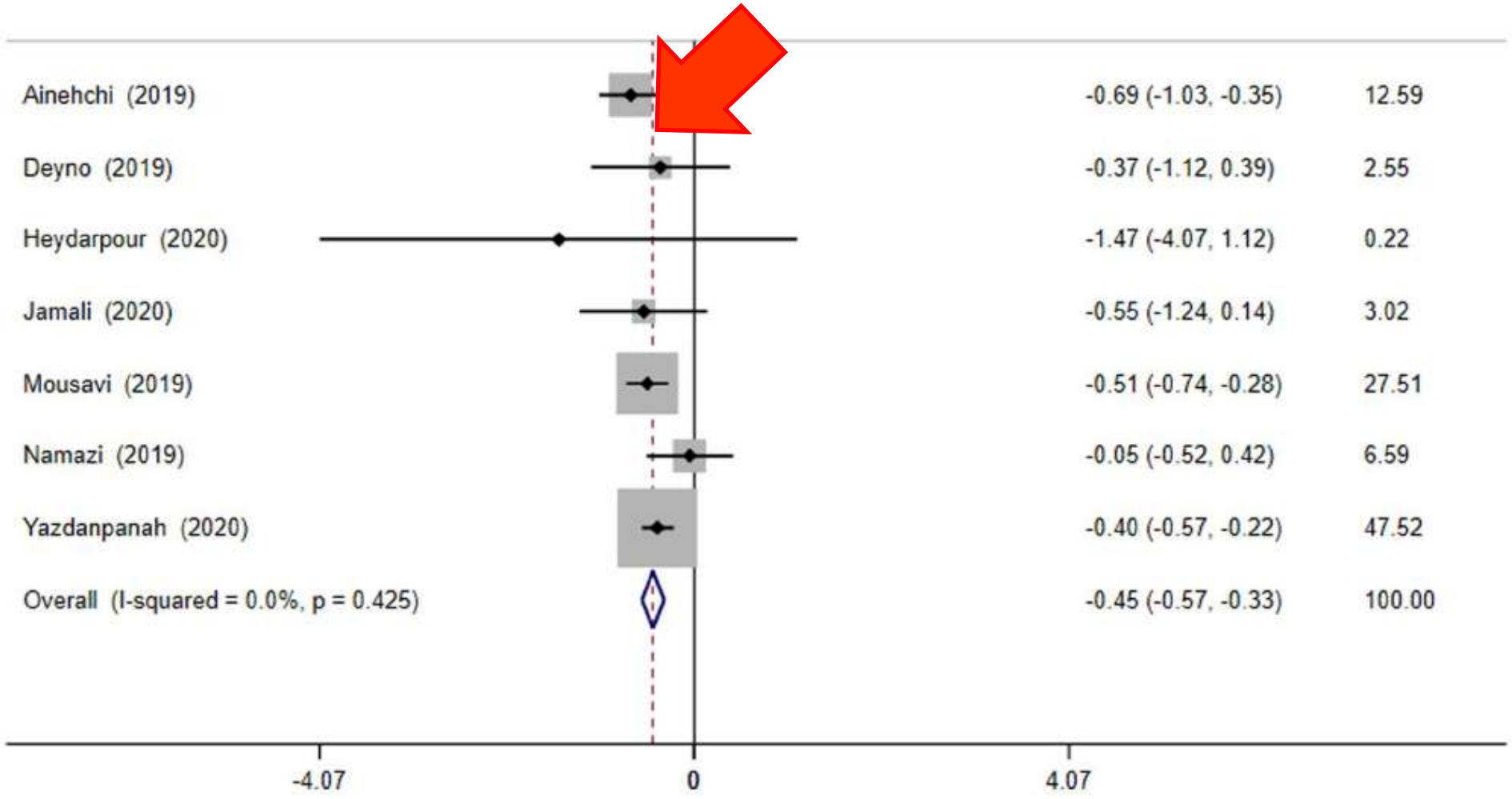


FIGURE 3 The effects of cinnamon supplementation on BMI are depicted in a forest plot with mean differences and 95% confidence intervals (CIs)

Keramati M, Musazadeh V, Malekahmadi M, et al. Cinnamon, an effective anti-obesity agent: Evidence from an umbrella meta-analysis. *J Food Biochem*. 2022 Aug;46(8):e14166.

Capsaicinoids
Reduce appetite
Increase calorie-burning

Tremblay A, Arguin H, Panahi S. Capsaicinoids: a spicy solution to the management of obesity? *Int J Obes (Lond).* 2016;40:1198-204.


Dustin Harder
Lindsay S. Nixon

Triple Berry Sorbet

Blueberries
Strawberries
Raspberries
Bananas
Cherry or cranberry juice
Maple syrup

Beat the Summer Blueberry Pops

Blueberries
Bananas
Pears
Almond milk
Lemon juice

New York Times bestselling author of *Power Foods for the Brain*

NEAL D. BARNARD, MD

With recipes by **DUSTIN HARDER** *and* **LINDSAY S. NIXON**

THE POWER FOODS DIET

The Breakthrough Plan That Traps, Tames, and Burns Calories for Easy and Permanent Weight Loss

#1. Berries

#2. Cruciferous vegetables

broccoli, cauliflower, cabbage, Brussels sprouts

#3. Green leafy vegetables

spinach, mustard greens, chard, lettuce

#4. Melon

cantaloupe, watermelon

#5. Citrus fruits

oranges, grapefruit
fresh or juice

#6. Legumes

peas, beans, lentils, tofu/soy

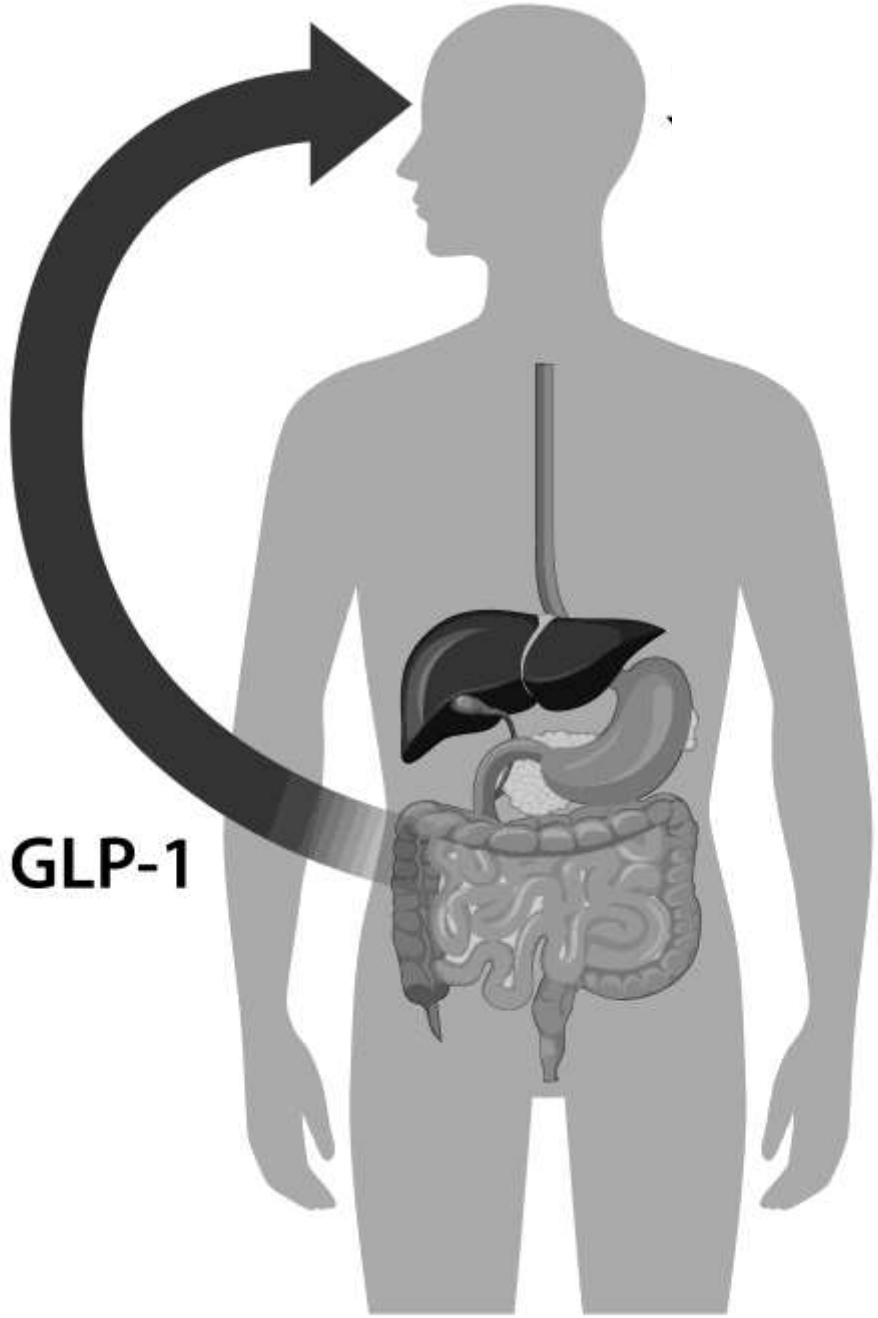
Power Foods

Power Foods

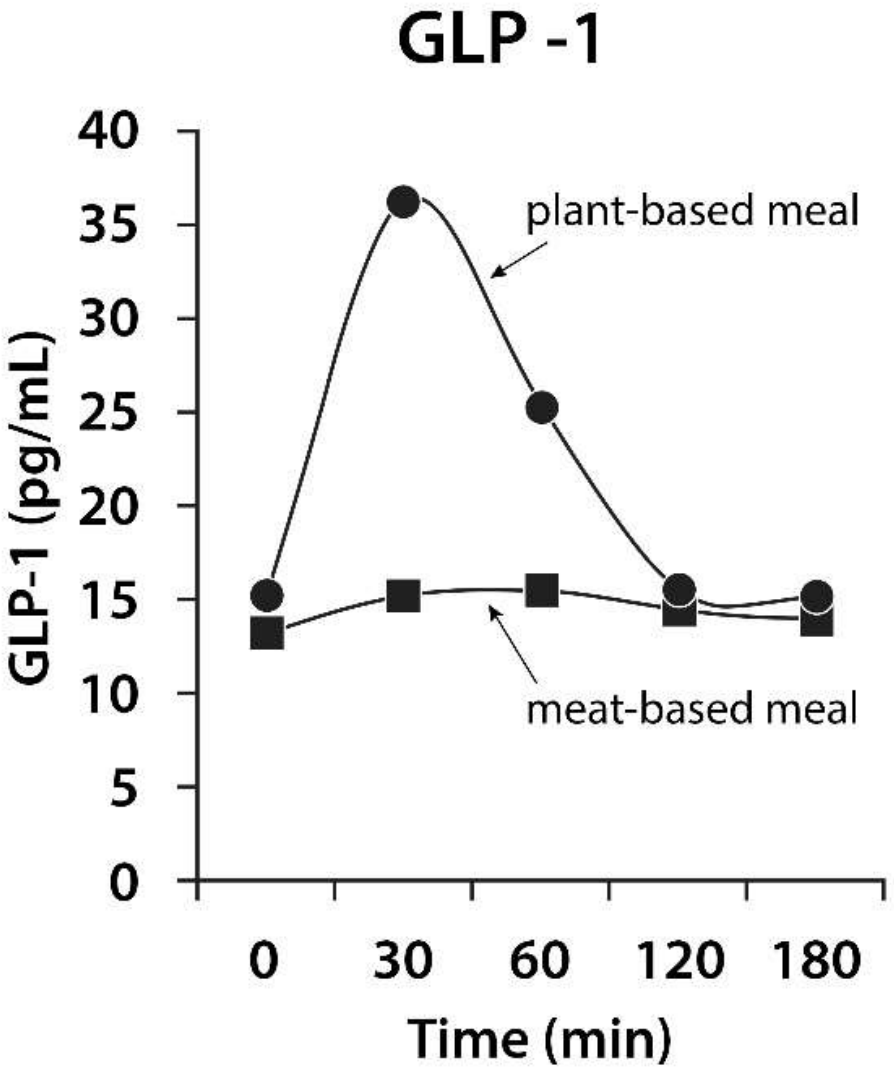
- Tame the appetite
- Trap calories
- Boost metabolism

1. Appetite-Taming

Glucagon-like peptide-1



GLP-1 levels after a meat meal versus a vegan meal.



Belinova L, Kahleova H, Malinska H, et al. Differential acute postprandial effects of processed meat and isocaloric vegan meals on the gastrointestinal hormone response in subjects suffering from type 2 diabetes and healthy controls: a randomized crossover study. PLoS One. 2014 Sep 15;9(9):e107561.

How many calories in a gram of…

Fat	9
Carbohydrate	4
Fiber	0-2

Taylor & Francis
Taylor & Francis Group

Journal of the American College of Nutrition

ISSN: (Print) (Online) Journal homepage: https://www.tandfonline.com/loi/uacn20

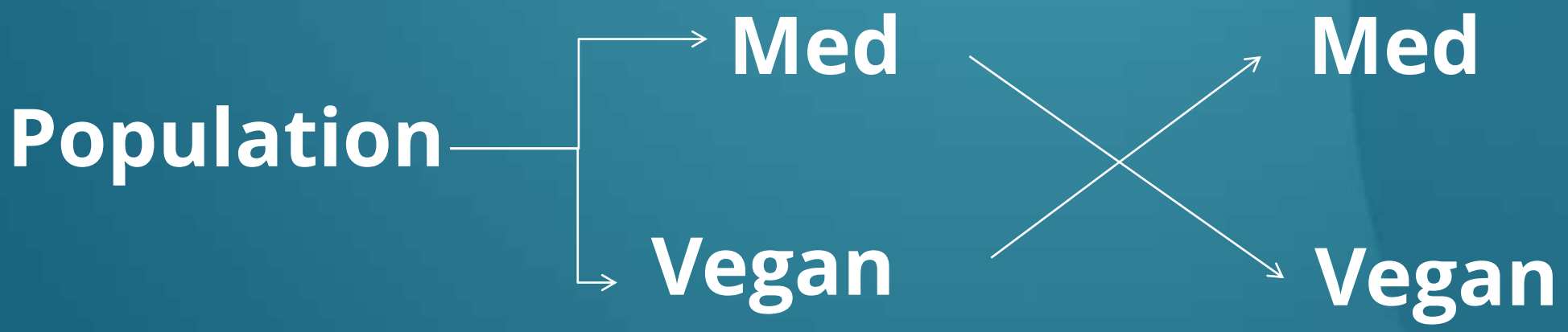
A Mediterranean Diet and Low-Fat Vegan Diet to Improve Body Weight and Cardiometabolic Risk Factors: A Randomized, Cross-over Trial

Neal D. Barnard , Jihad Alwarith , Emilie Rembert , Liz Brandon , Minh Nguyen , Andrea Goergen , Taylor Horne , Gabriel F. do Nascimento , Kundanika Lakkadi , Andrea Tura , Richard Holubkov & Hana Kahleova

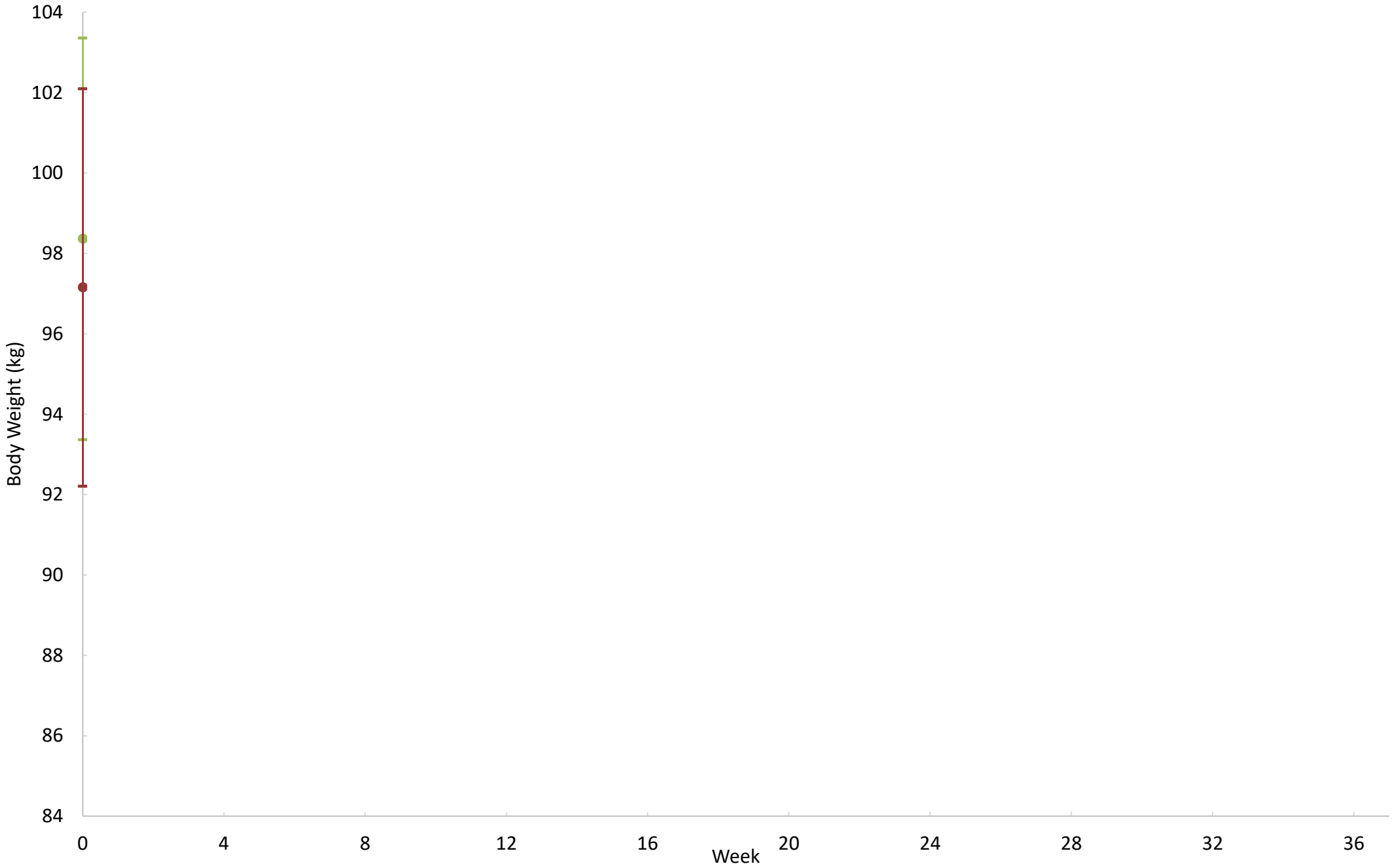
To cite this article: Neal D. Barnard , Jihad Alwarith , Emilie Rembert , Liz Brandon , Minh Nguyen , Andrea Goergen , Taylor Horne , Gabriel F. do Nascimento , Kundanika Lakkadi , Andrea Tura , Richard Holubkov & Hana Kahleova (2021): A Mediterranean Diet and Low-Fat Vegan Diet to Improve Body Weight and Cardiometabolic Risk Factors: A Randomized, Cross-over Trial, Journal of the American College of Nutrition

To link to this article: https://doi.org/10.1080/07315724.2020.1869625

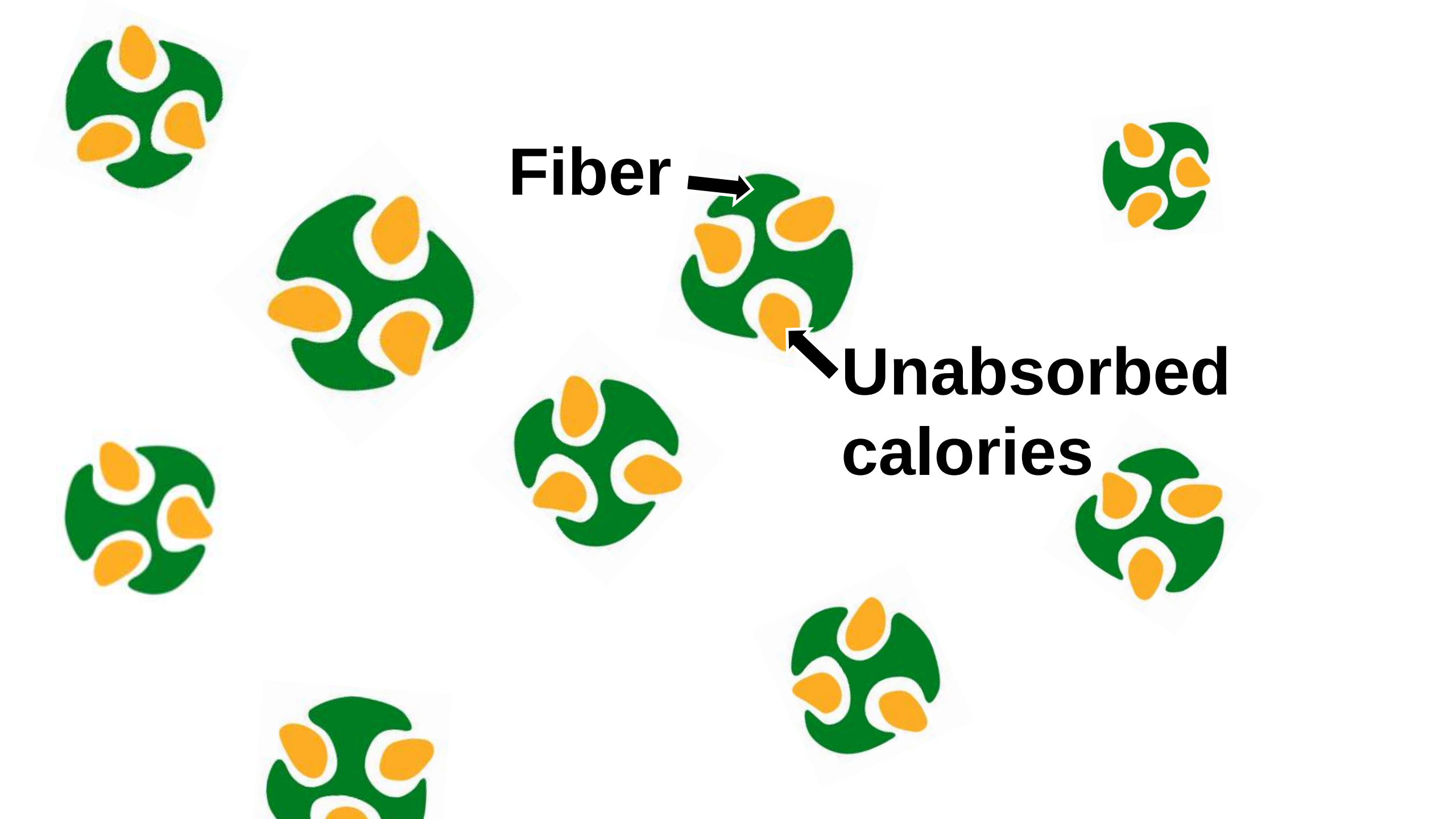
VegMed Study



62 participants


104
102
100
98
96
94
92
90
88
86
84
Body Weight (kg)
0
4
8
12
16
20
24
28
32
36
Week

2. Calorie-Trapping


Fiber
Unabsorbed calories

Flush away your calories:

See corresponding editorial on page 545.

Substituting whole grains for refined grains in a 6-wk randomized trial favorably affects energy-balance metrics in healthy men and postmenopausal women[1–3]

*J Philip Karl,[4] Mohsen Meydani,[4] Junaidah B Barnett,[4] Sally M Vanegas,[4] Barry Goldin,[5] Anne Kane,[5] Helen Rasmussen,[4] Edward Saltzman,[4] Pajau Vangay,[6] Dan Knights,[7] C-Y Oliver Chen,[4] Sai Krupa Das,[4] Satya S Jonnalagadda,[8,9] Simin N Meydani,[4] and Susan B Roberts[4]**

[4]Jean Mayer USDA Human Nutrition Research Center on Aging and [5]School of Medicine, Tufts University, Boston, MA; [6]Biomedical Informatics and Computational Biology and [7]Department of Computer Science and Engineering, University of Minnesota, Minneapolis, MN; and [8]Bell Institute of Health and Nutrition, General Mills, Minneapolis, MN

ABSTRACT

Background: The effect of whole grains on the regulation of energy balance remains controversial.

Objective: We aimed to determine the effects of substituting whole grains for refined grains, independent of body weight changes, on energy-metabolism metrics and glycemic control.

Design: The study was a randomized, controlled, parallel-arm controlled-feeding trial that was conducted in 81 men and postmenopausal women [49 men and 32 women; age range: 40–65 y; body mass index (in kg/m^2): <35.0]. After a 2-wk run-in period, participants were randomly assigned to consume 1 of 2 weight-maintenance diets for 6 wk. Diets differed in whole-grain and fiber contents [mean ± SDs: whole grain–rich diet: 207 ± 39 g whole grains plus 40 ± 5 g dietary fiber/d; refined grain–based diet: 0 g whole grains plus 21 ± 3 g dietary fiber/d] but were otherwise similar. Energy metabolism and body-composition metrics, appetite, markers of glycemic control, and gut microbiota were measured at 2 and 8 wk.

Results: By design, body weight was maintained in both groups. Plasma alkylresorcinols, which are biomarkers of whole-grain intake, increased in the whole grain–rich diet group (WG) but not in the refined adiposity. This trial was registered at clinicaltrials.gov as NCT01902394. *Am J Clin Nutr* 2017;105:589–99.

Keywords: body fat, body weight, continuous glucose monitoring, energy metabolism, fiber, glucose tolerance, glycemia, hunger, resting metabolic rate, thermogenesis

INTRODUCTION

International recommendations call for an increased consumption of whole grains together with a reduced consumption of refined grains (1). These recommendations are the result of accumulating evidence that has linked higher whole-grain intake to reduced risks of type 2 diabetes and cardiovascular disease (2–5) and the consistent epidemiologic finding that individuals who consume recommended amounts of whole grains (≥3 servings or 48 g/d), compared with individuals who consume few whole grains, have reduced BMI and adiposity and a lower

[1] Supported by the Bell Institute of Health and Nutrition, General Mills Inc.,

Fiber Traps Calories

Calorie-trapping, plus increased RMR

Karl JP, Meydani M, Barnett JB, et al. Substituting whole grains for refined grains in a 6-wk randomized trial favorably affects energy-balance metrics in healthy men and postmenopausal women. *Am J Clin Nutr*. 2017;105(3):589-599.

3. Metabolism-Boosting

What is the difference between you and a crocodile?

You can turn food into body heat.

The After-Meal Calorie Burn

Butter gives you no burn.

The After-Meal Calorie Burn

Meal

1 Hour

2 Hours

3 Hours

Weight-Control Study

64 overweight women

Low-fat vegan vs “conventional” diet

No exercise

14-week study

Typical Day's Meals

Breakfast

Blueberry pancakes
or Oatmeal with cinnamon and raisins
Half cantaloupe
Rye toast with jam

Lunch

Chunky vegetable ch
Garden sa

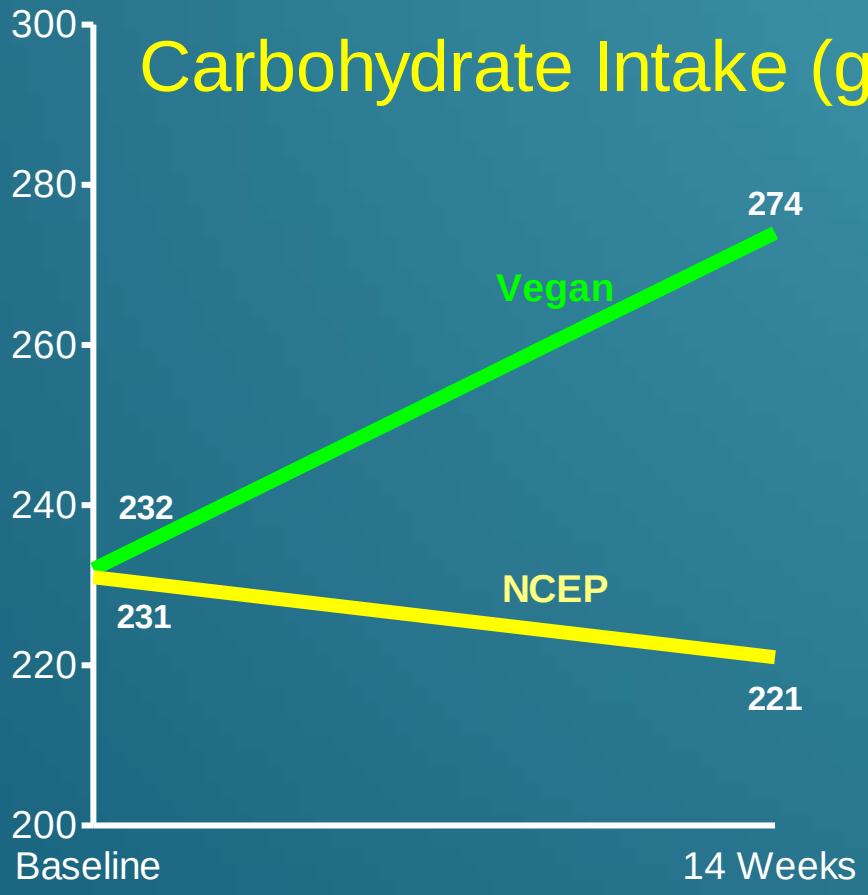
Snack

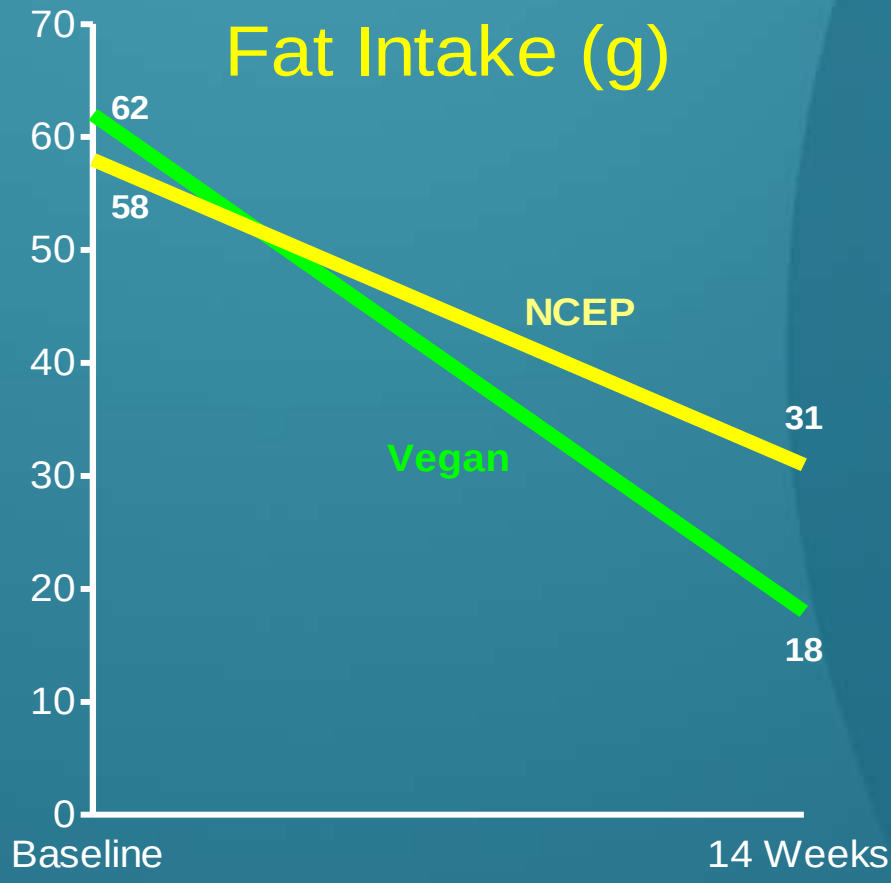
Banana

Dinner

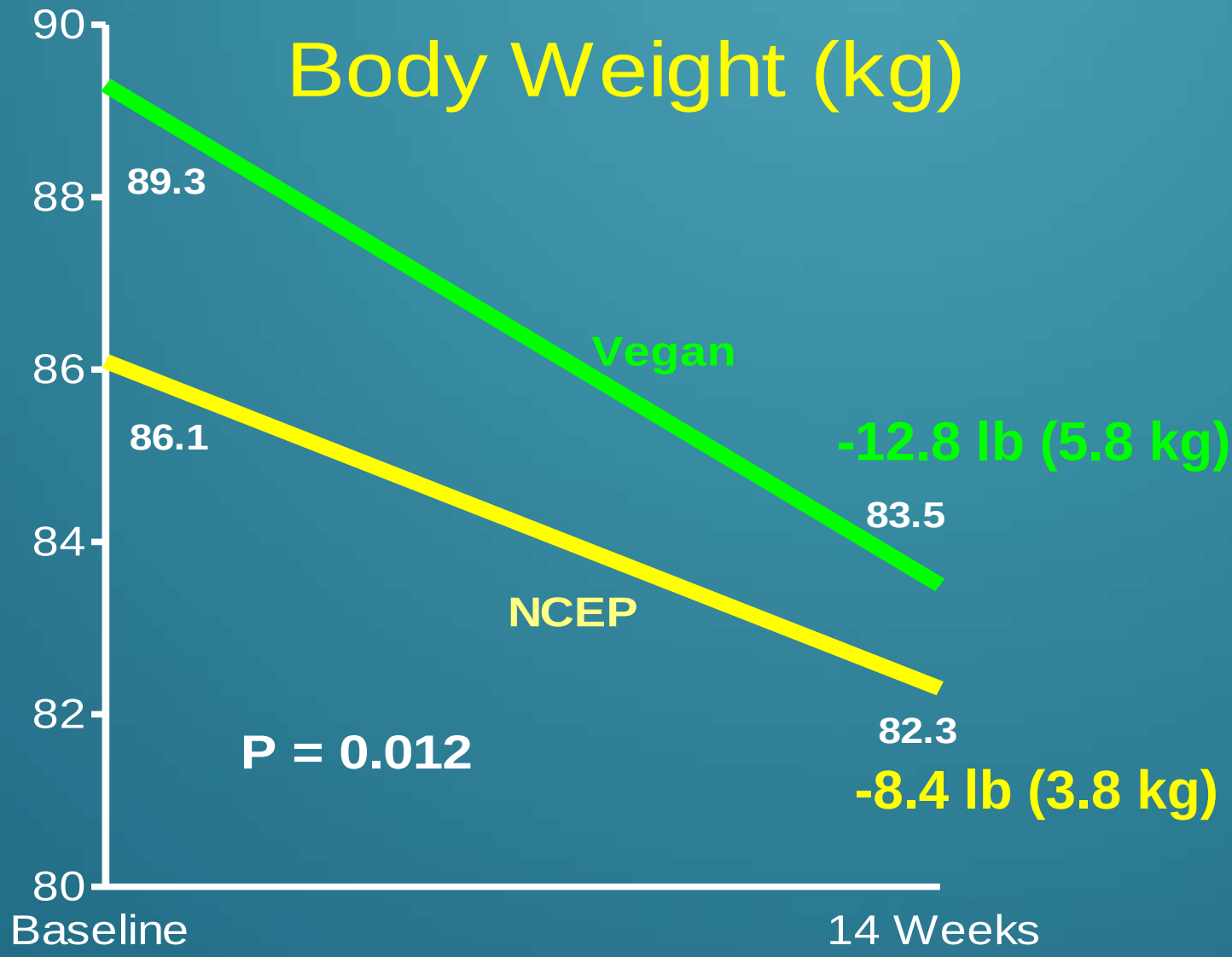
Lentil soup rackers
Linguine with artichoke hearts and seared oyster mushrooms
Steamed broccoli

Nutrient Intake



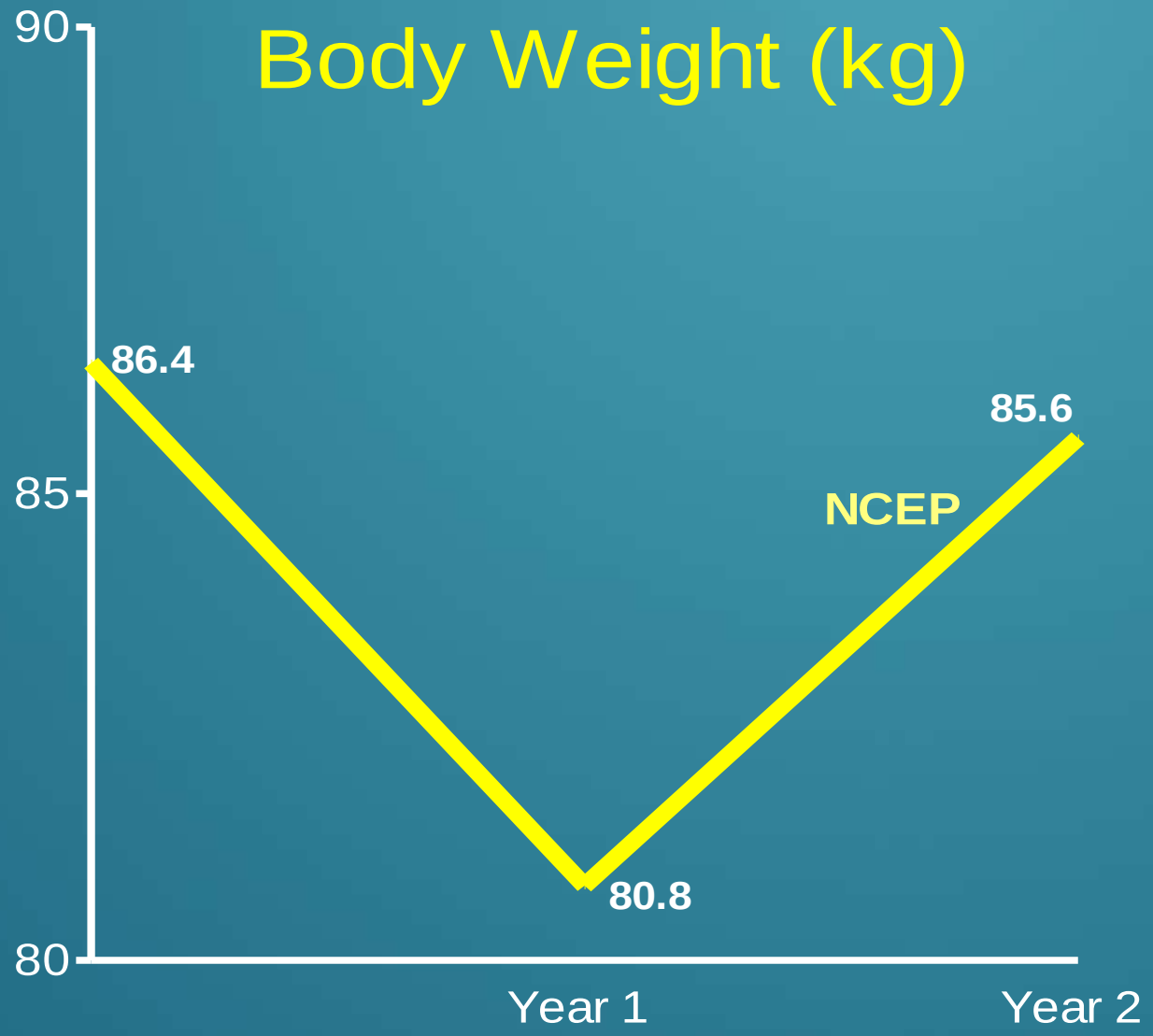


Barnard ND. Am J Med 2005;118:991-997.



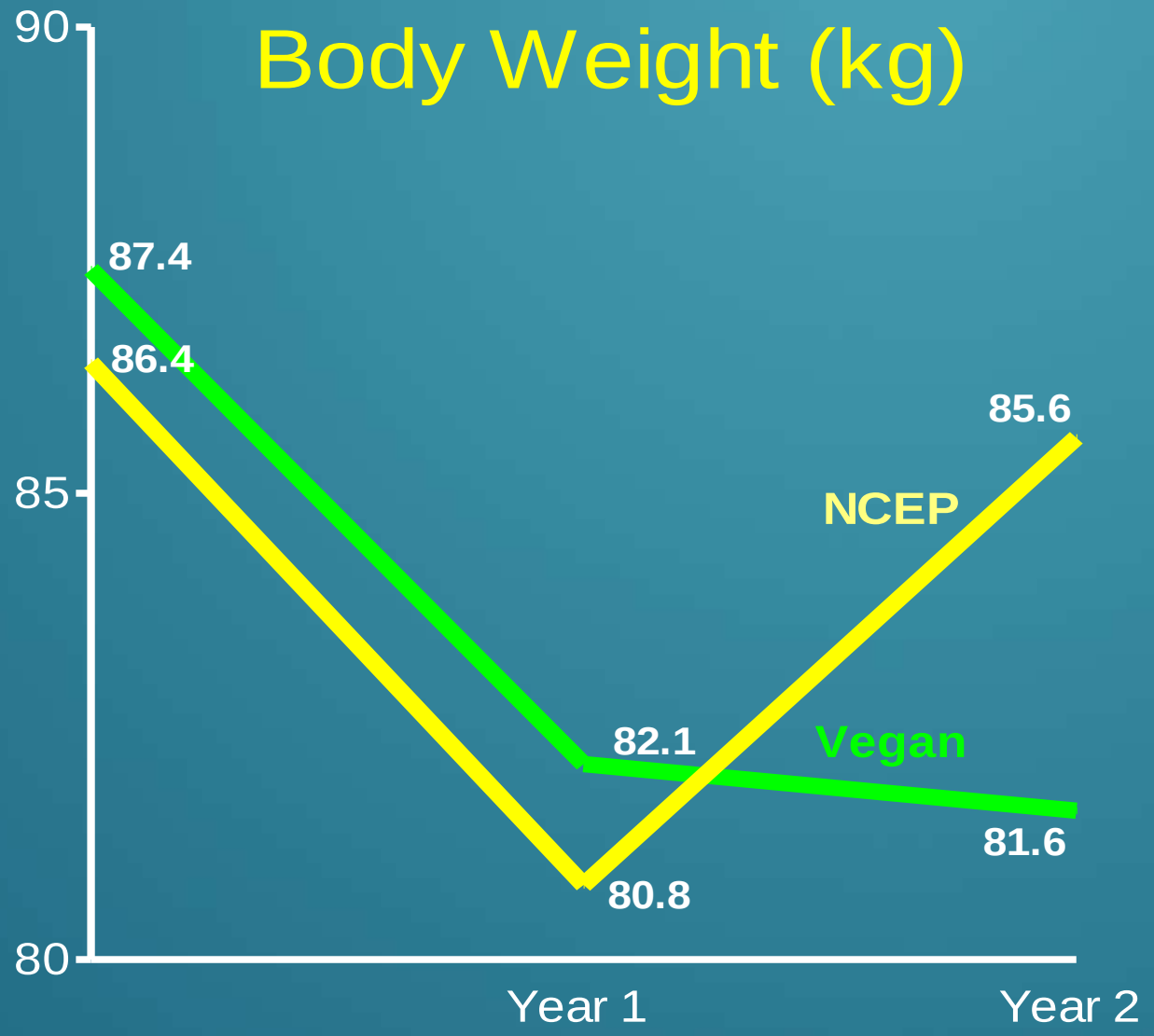
Barnard ND. Am J Med 2005;118:991-997.

Body Weight (kg)



Intention-to-treat model, last value brought forward.
Turner-McGrievy. Obesity 2007;15:2276-81.

Body Weight (kg)



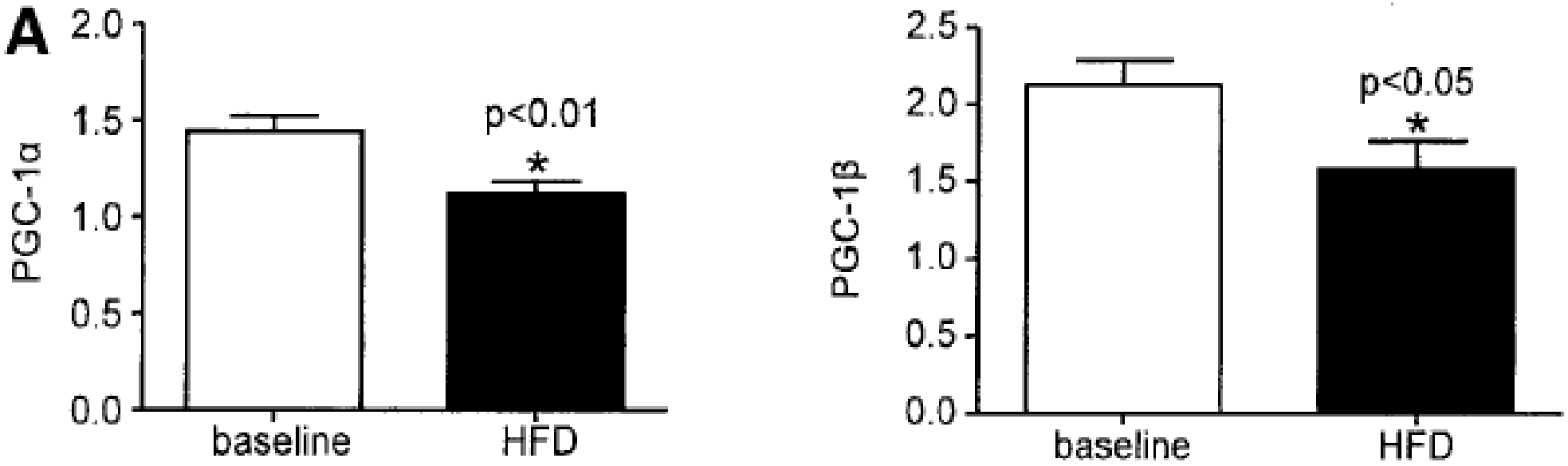
Intention-to-treat model, last value brought forward.
Turner-McGrievy. Obesity 2007;15:2276-81.

The After-Meal Calorie Burn

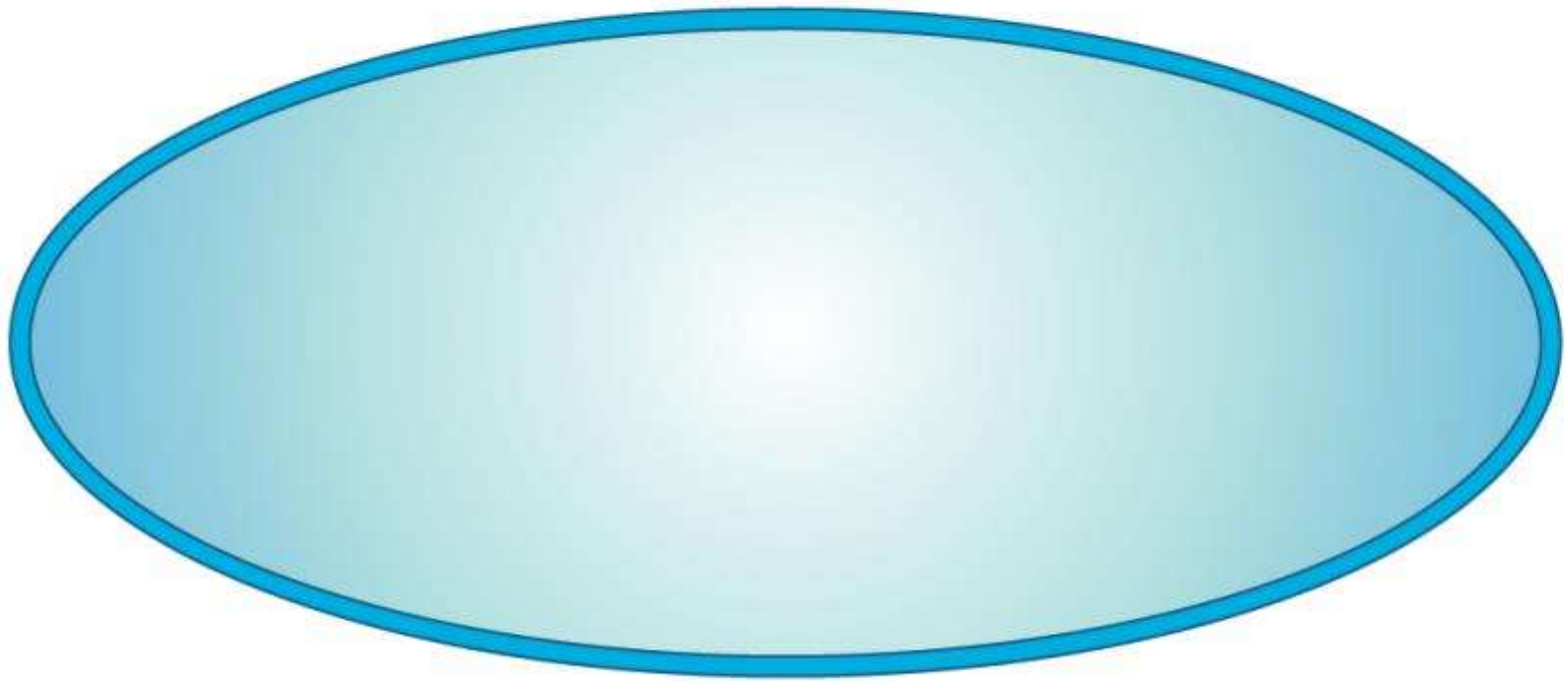
The After-Meal Calorie Burn

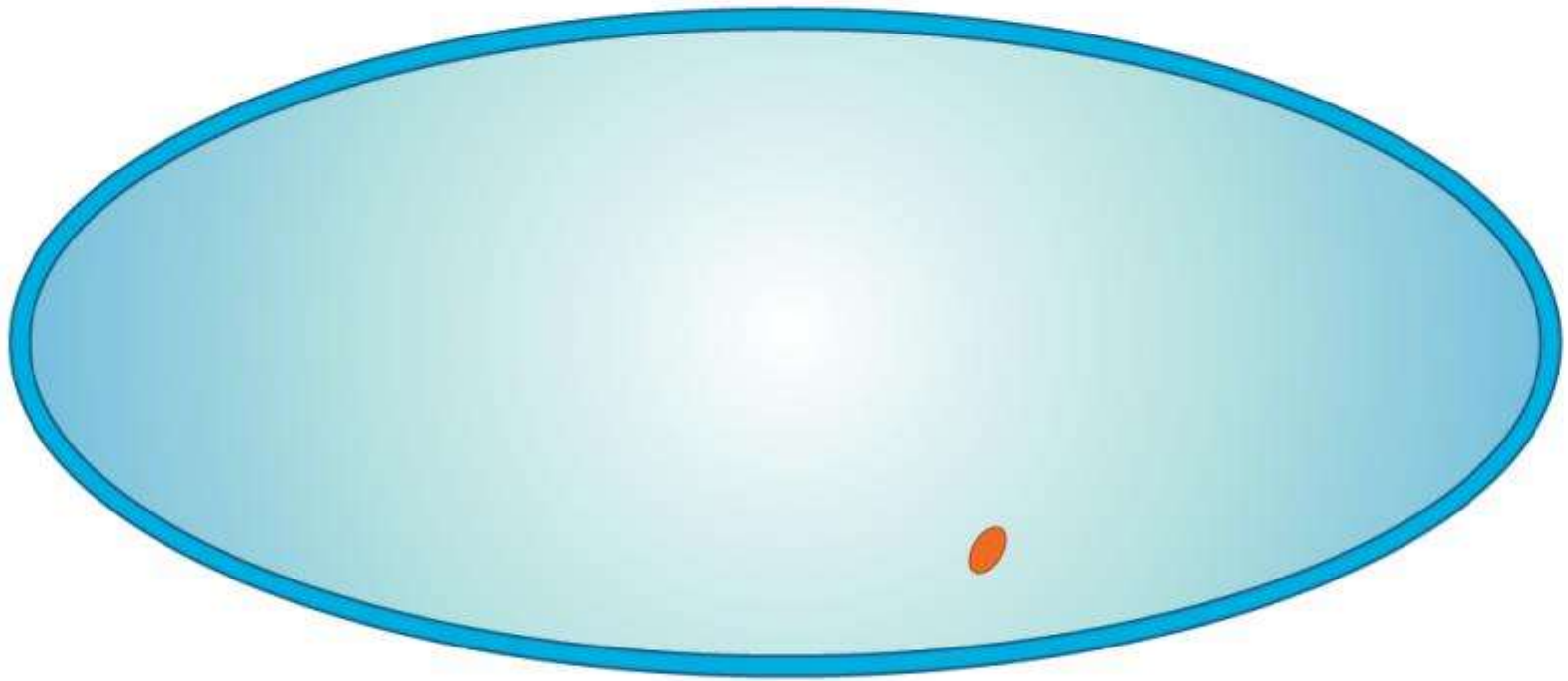
Fatty Diet Impairs Mitochondrial Biogenesis

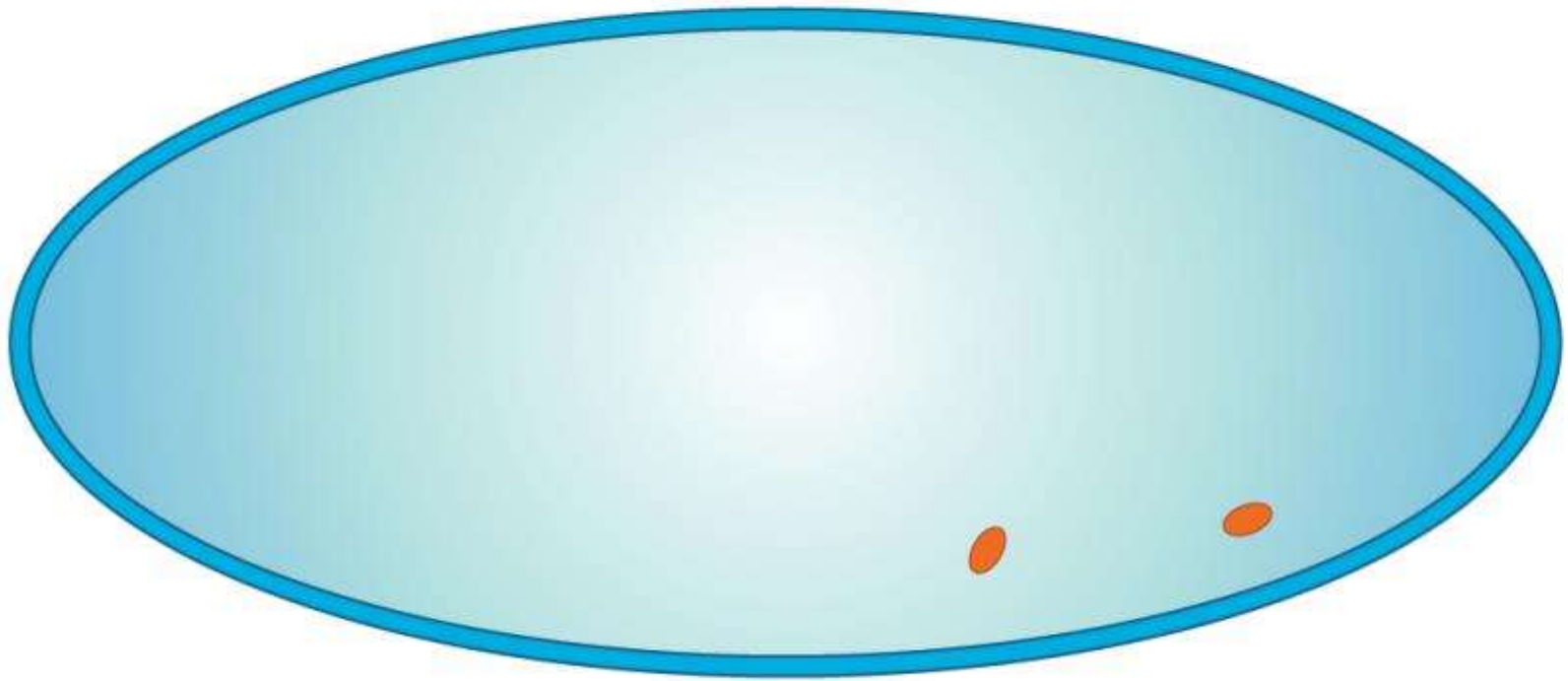
Pennington Biomedical Research Center
50% fat diet for 3 days

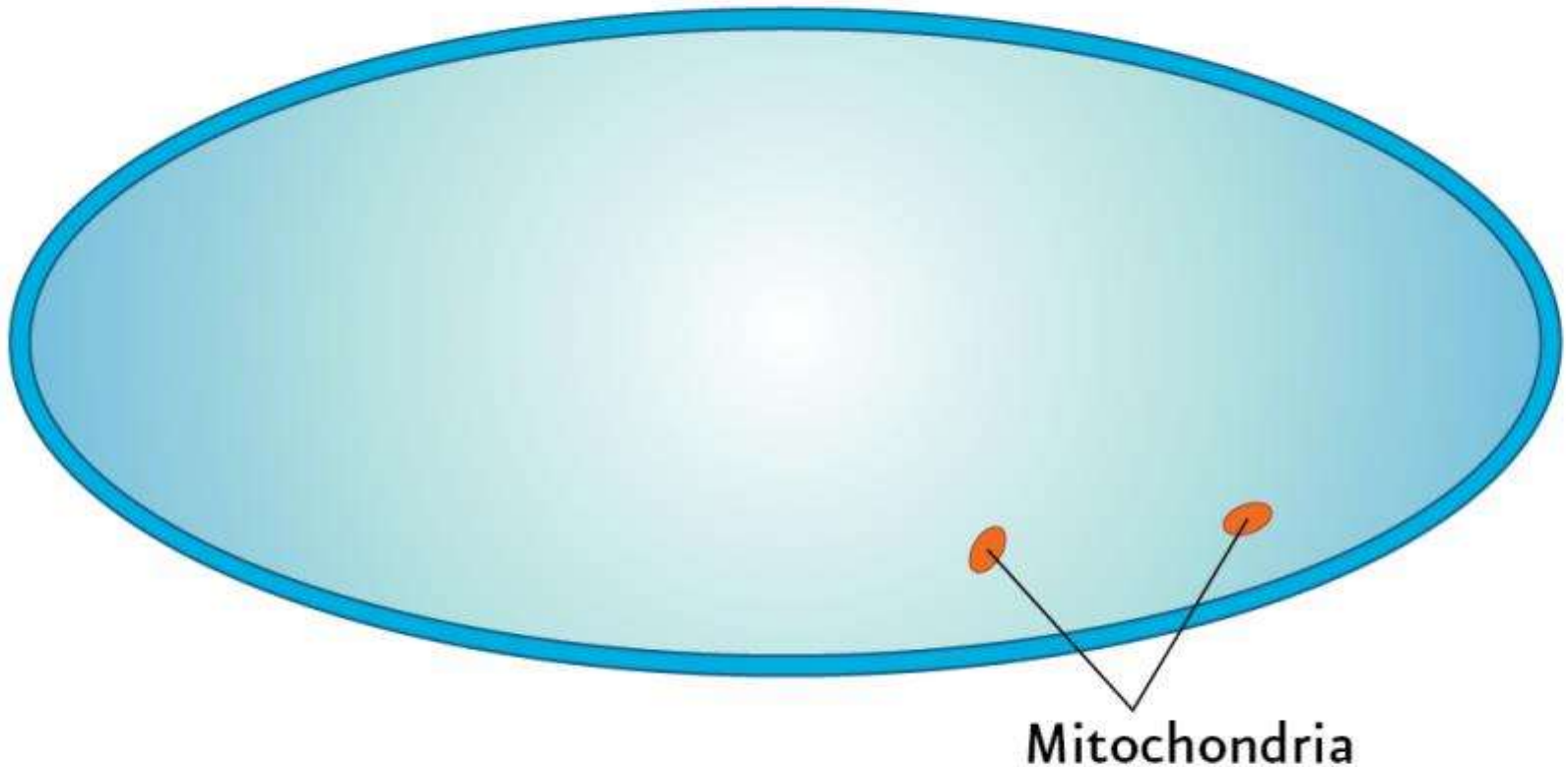


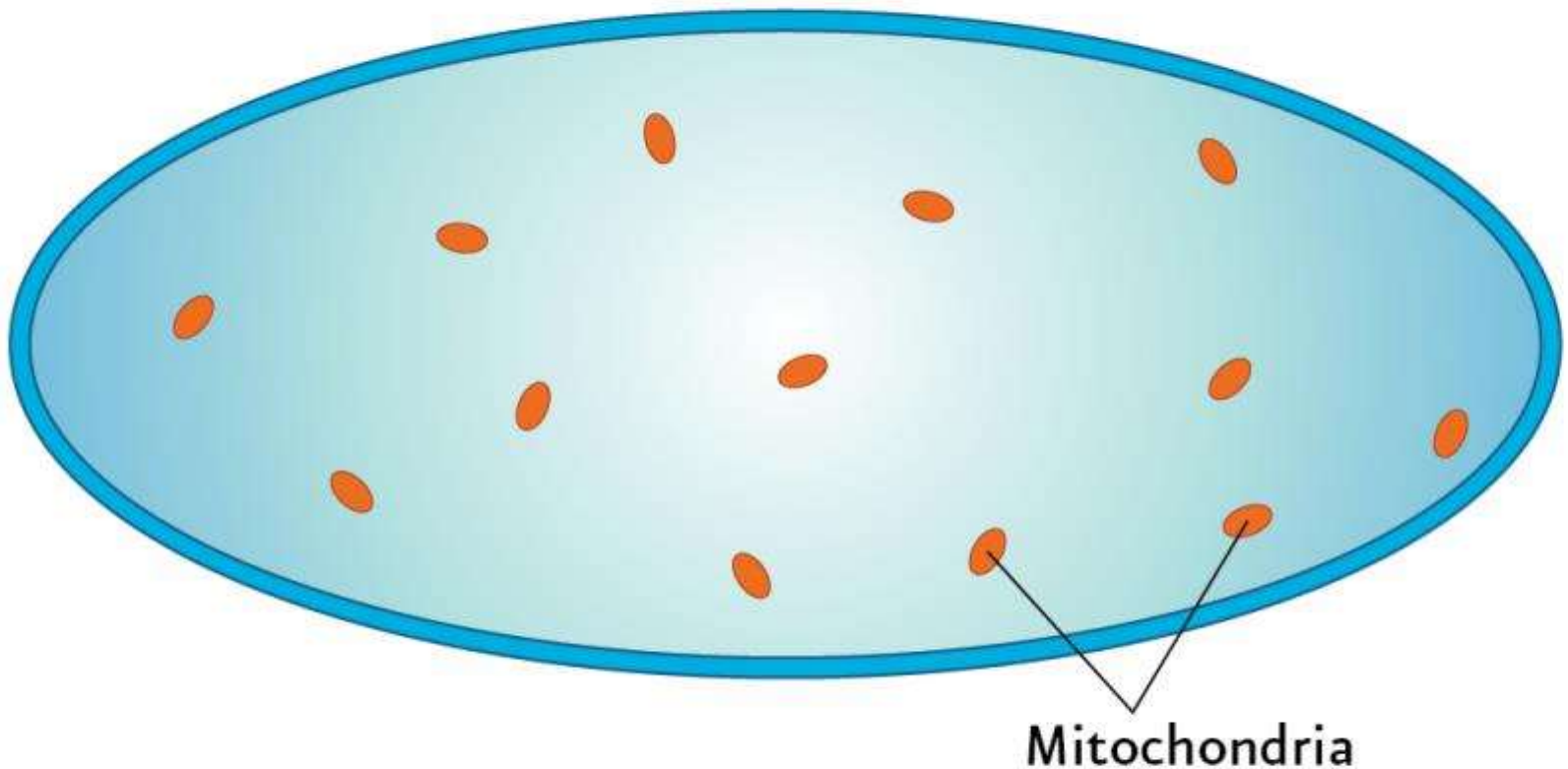
Sparks LM, et al. A high-fat diet coordinately downregulates genes required for mitochondrial oxidative phosphorylation in skeletal muscle, *Diabetes*. 2005;54:1926–33.



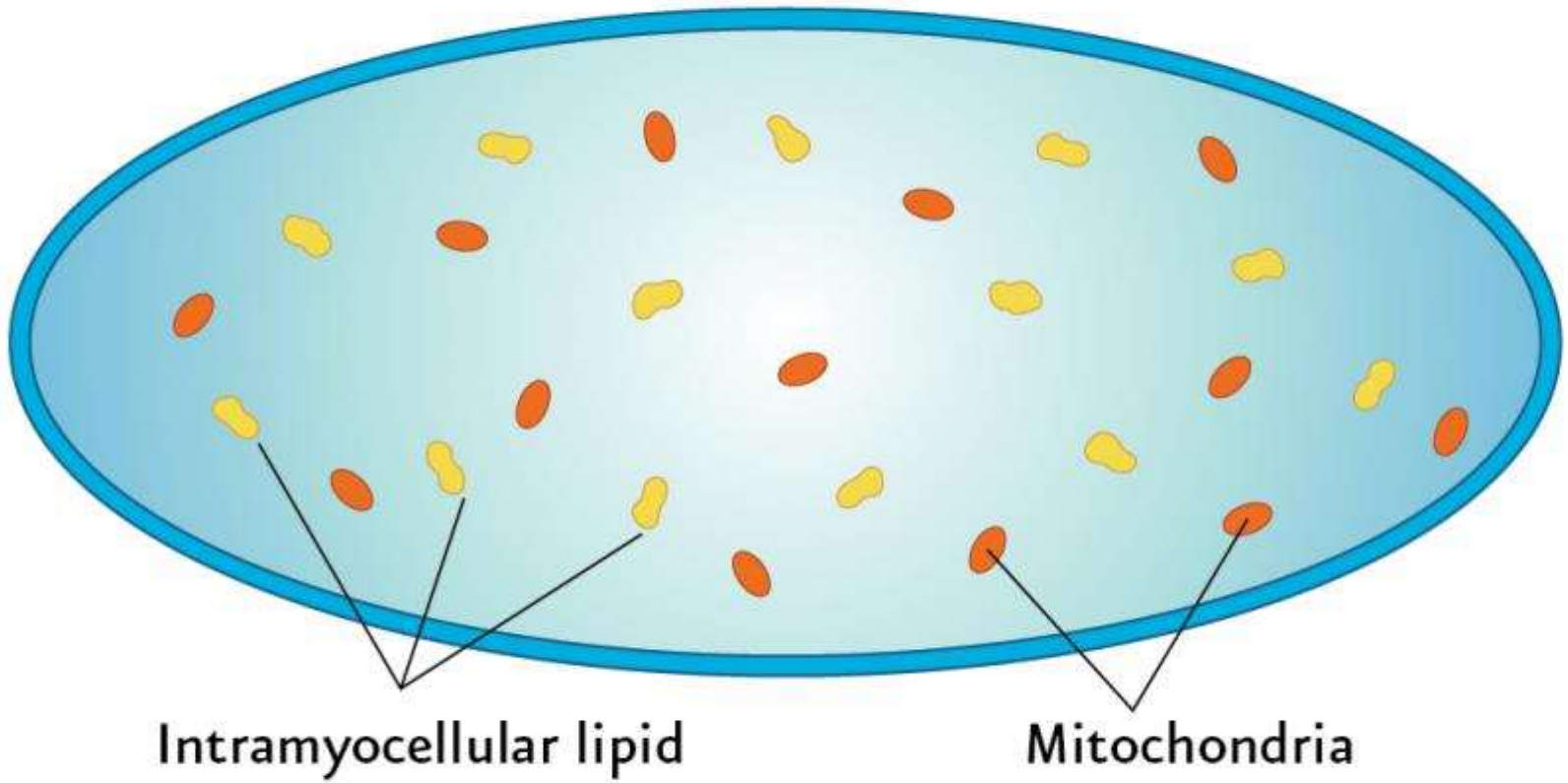




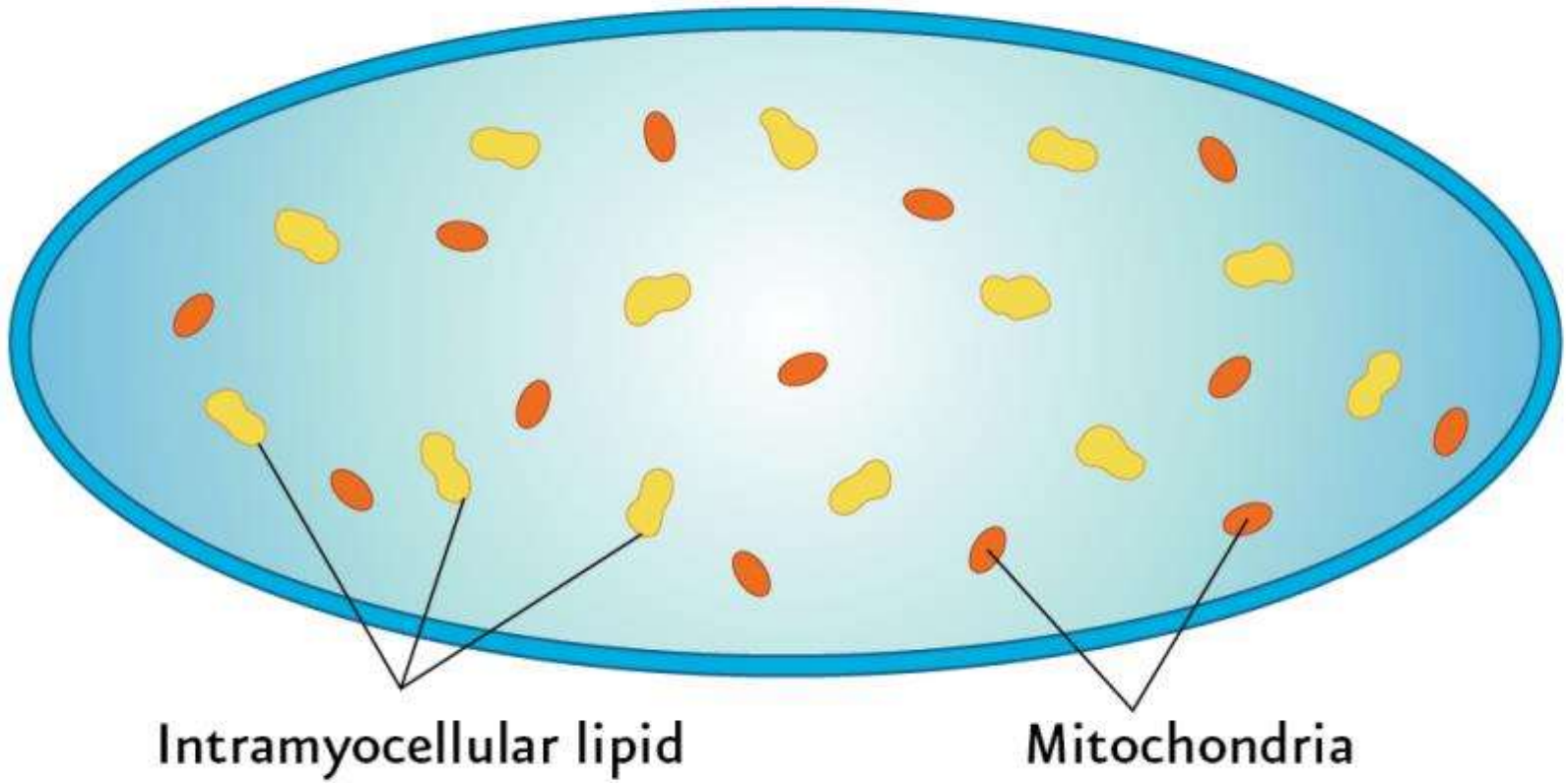

Mitochondria


Mitochondria

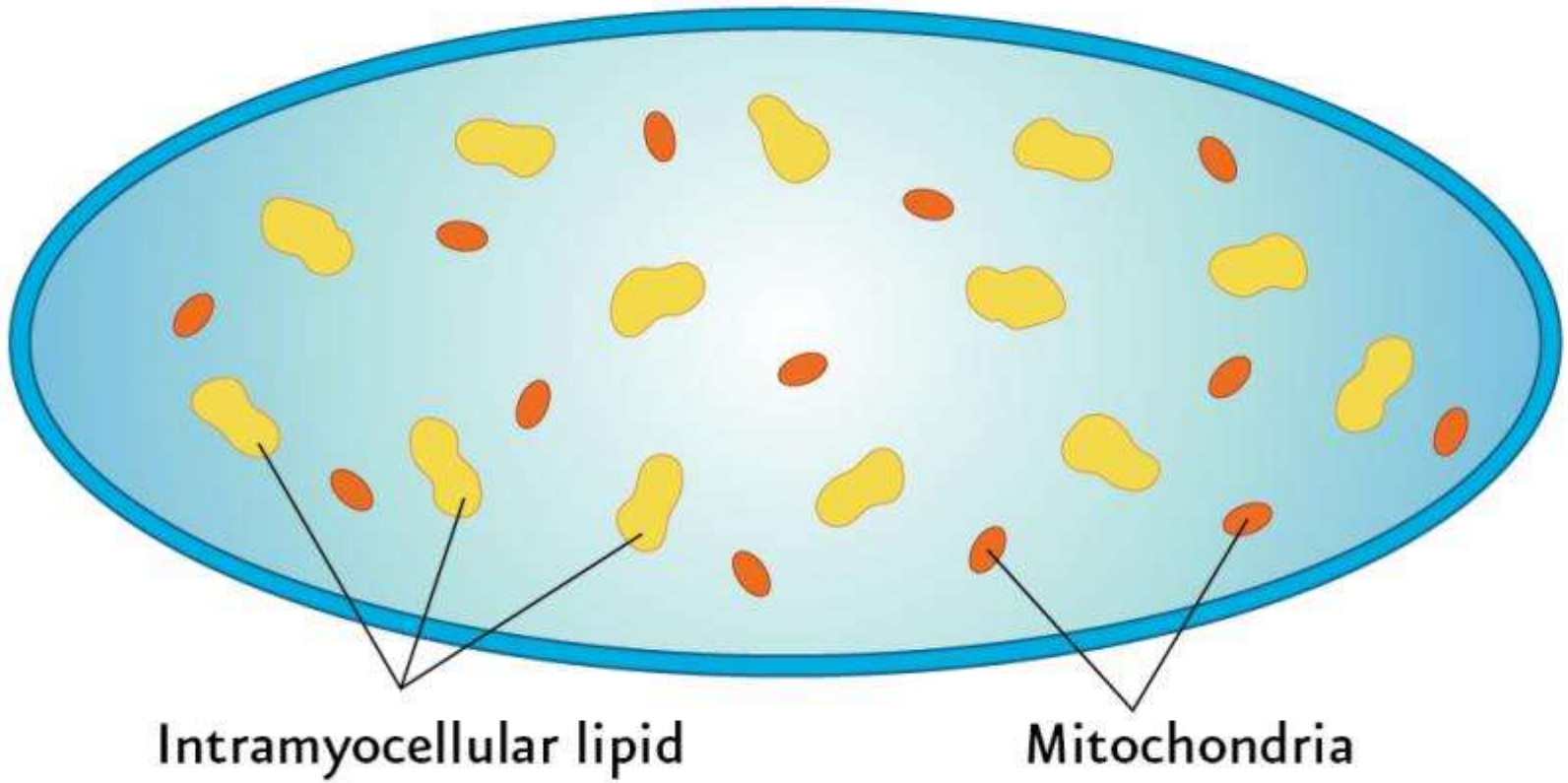
Fat Interferes with Calorie Burning



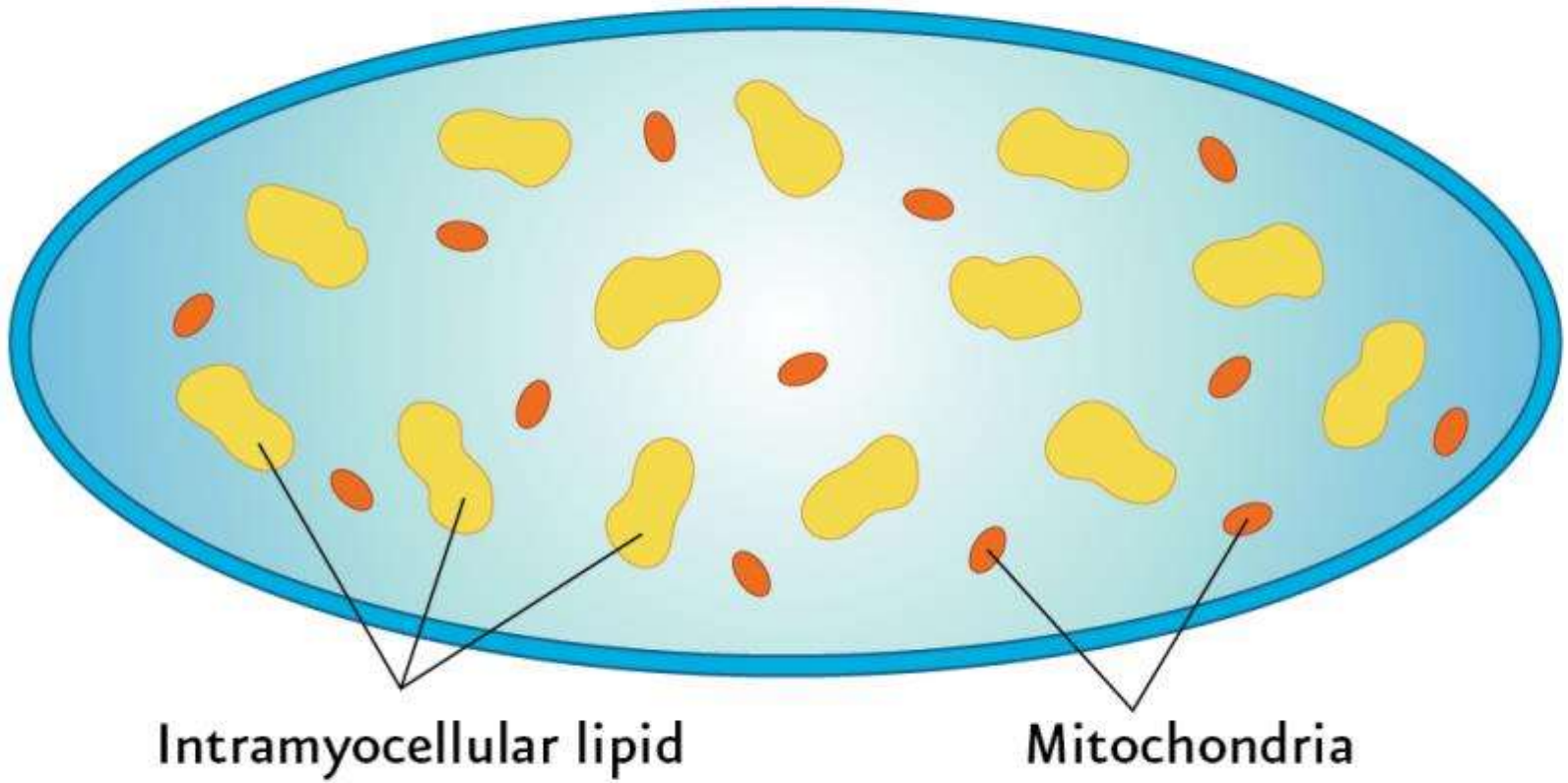
Fat Interferes with Calorie Burning



Fat Interferes with Calorie Burning

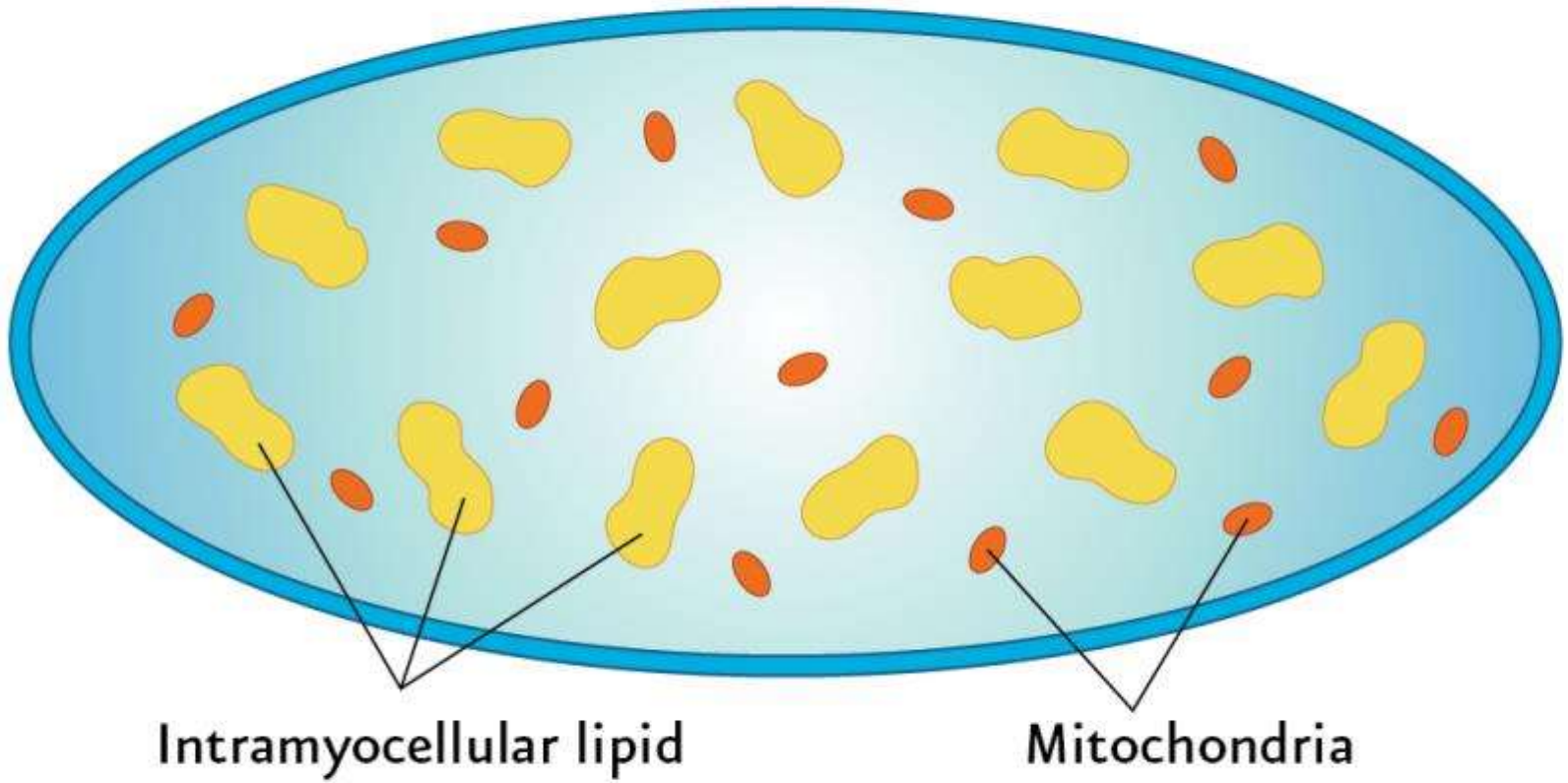


Fat Interferes with Calorie Burning

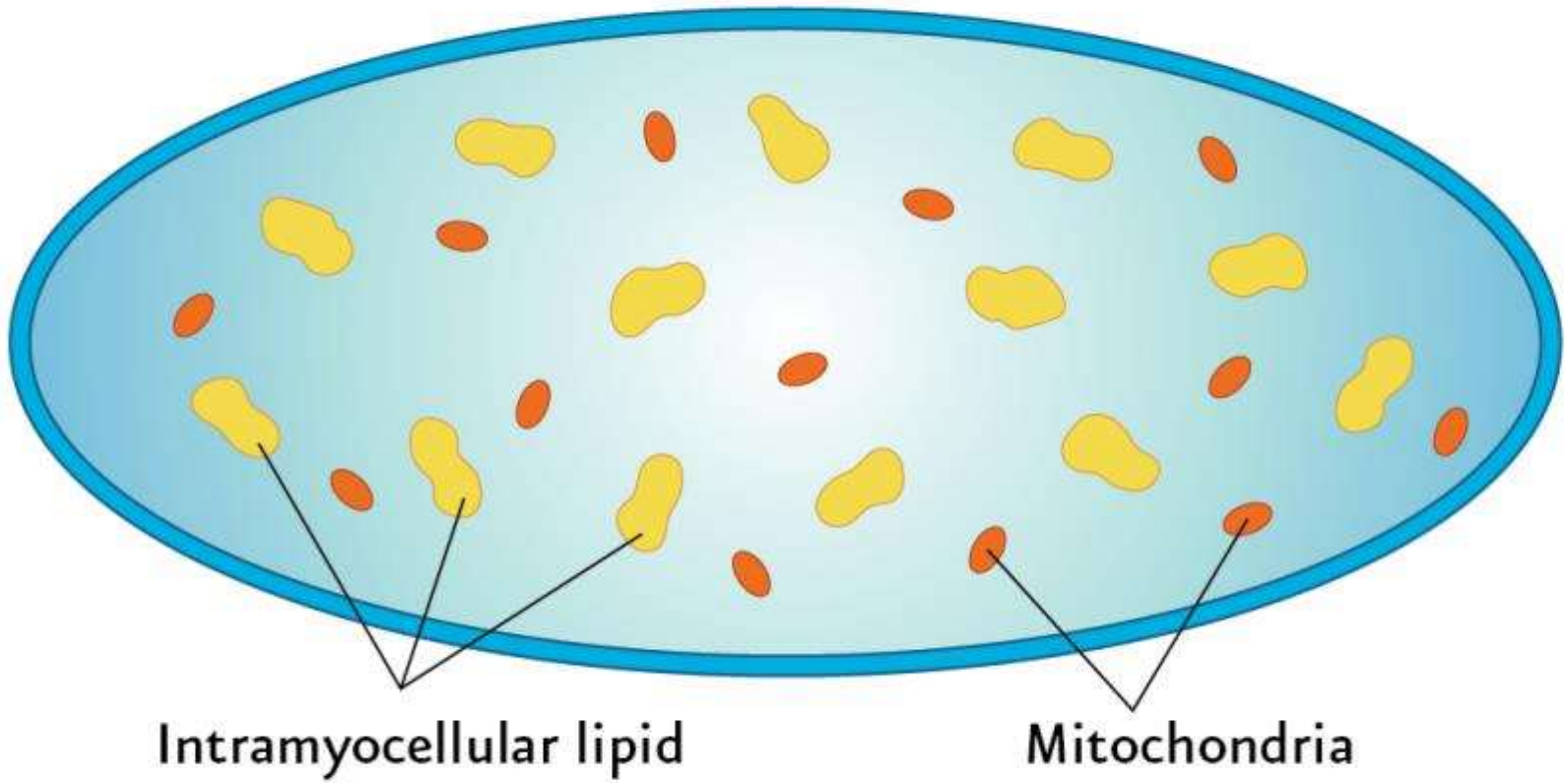


Fat in cells slows your after-meal calorie burn.

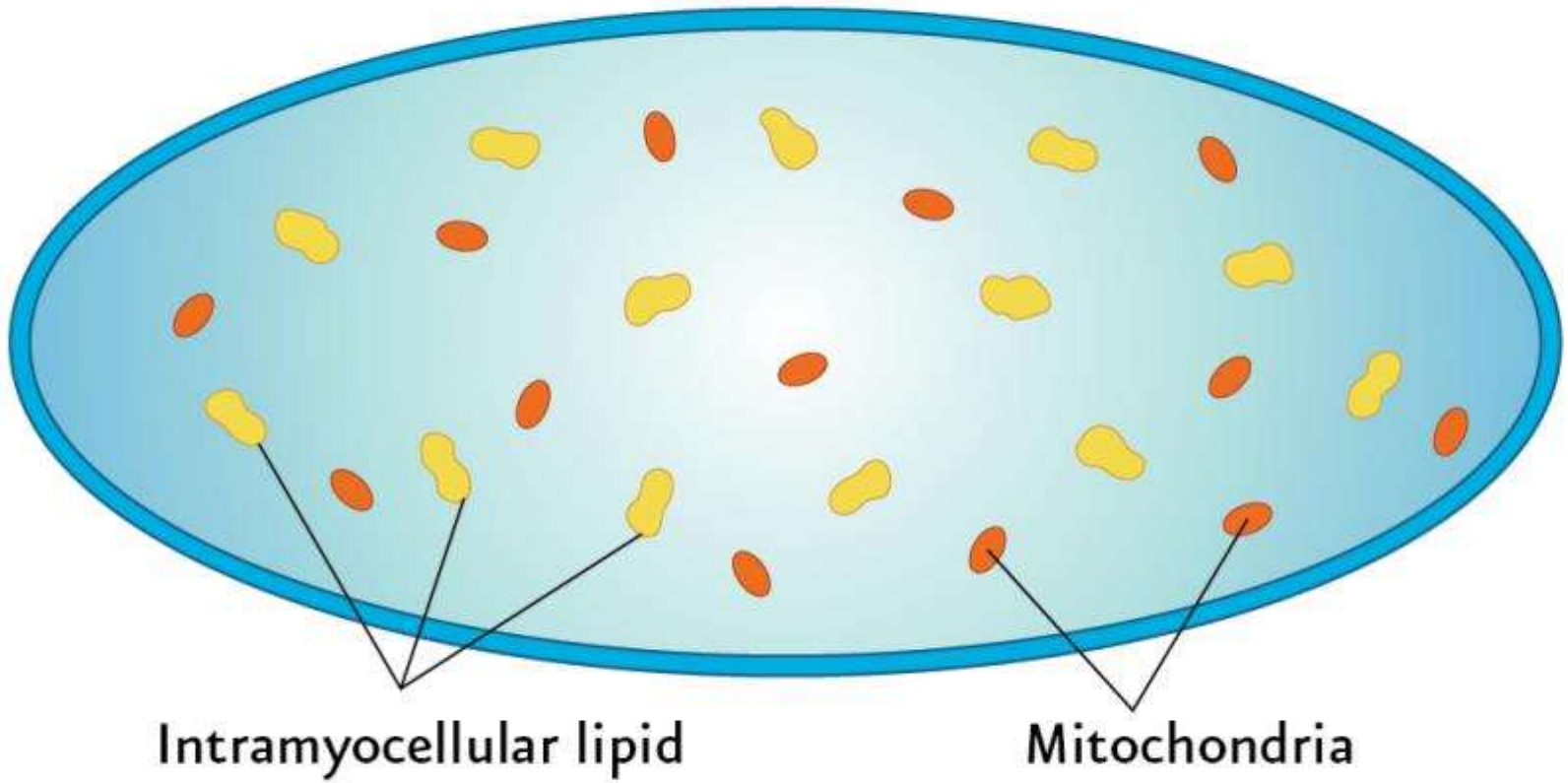
Fat Interferes with Calorie Burning



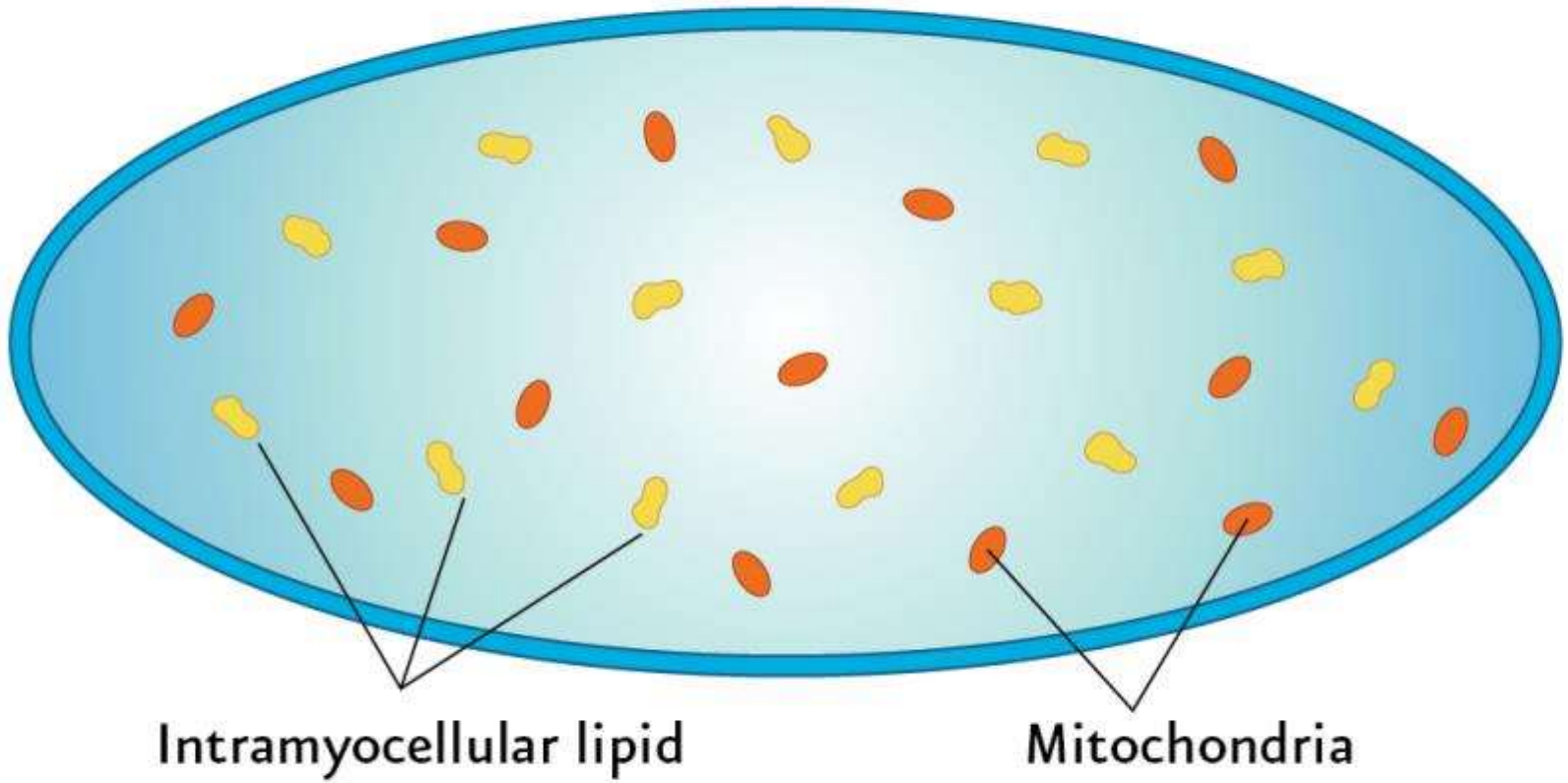
Fat Interferes with Calorie Burning



Fat Interferes with Calorie Burning



Fat Interferes with Calorie Burning



Getting fat out of cells boosts your after-meal calorie burn.

JAMA Network Open

Original Investigation | Nutrition, Obesity, and Exercise

Effect of a Low-Fat Vegan Diet on Body Weight, Insulin Sensitivity, Postprandial Metabolism, and Intramyocellular and Hepatocellular Lipid Levels in Overweight Adults

A Randomized Clinical Trial

Hana Kahleova, MD, PhD; Kitt Falk Petersen, MD; Gerald I. Shulman, MD, PhD; Jihad Alwarith, BS; Emilie Rembert, BS; Andrea Tura, PhD; Martin Hill, PhD; Richard Holubkov, PhD; Neal D. Barnard, MD

Abstract

IMPORTANCE Excess body weight and insulin resistance lead to type 2 diabetes and other major health problems. There is an urgent need for dietary interventions to address these conditions.

OBJECTIVE To measure the effects of a low-fat vegan diet on body weight, insulin resistance, postprandial metabolism, and intramyocellular and hepatocellular lipid levels in overweight adults.

DESIGN, SETTING, AND PARTICIPANTS This 16-week randomized clinical trial was conducted between January 2017 and February 2019 in Washington, DC. Of 3115 people who responded to flyers in medical offices and newspaper and radio advertisements, 244 met the participation criteria (age 25 to 75 years; body mass index of 28 to 40) after having been screened by telephone.

INTERVENTIONS Participants were randomized in a 1:1 ratio. The intervention group (n = 122) was asked to follow a low-fat vegan diet and the control group (n = 122) to make no diet changes for 16 weeks.

Key Points

Question What are the effects of a low-fat vegan diet on body weight, insulin resistance, postprandial metabolism, and intramyocellular and hepatocellular lipid levels in overweight adults?

Findings In this 16-week randomized clinical trial, a low-fat plant-based dietary intervention reduced body weight by reducing energy intake and increasing postprandial metabolism, which was associated with reductions in hepatocellular and intramyocellular fat and increased insulin sensitivity.

Meaning A low-fat plant-based diet is

much

Certain foods are worse than others for weight loss.


Atlantic salmon: 40% fat
Chinook salmon: 52% fat


9


9

13 Most Underrated Benefits of Coconut Oil

What's all the buzz about? Can coconut oil really help you lose weight and improve your health?

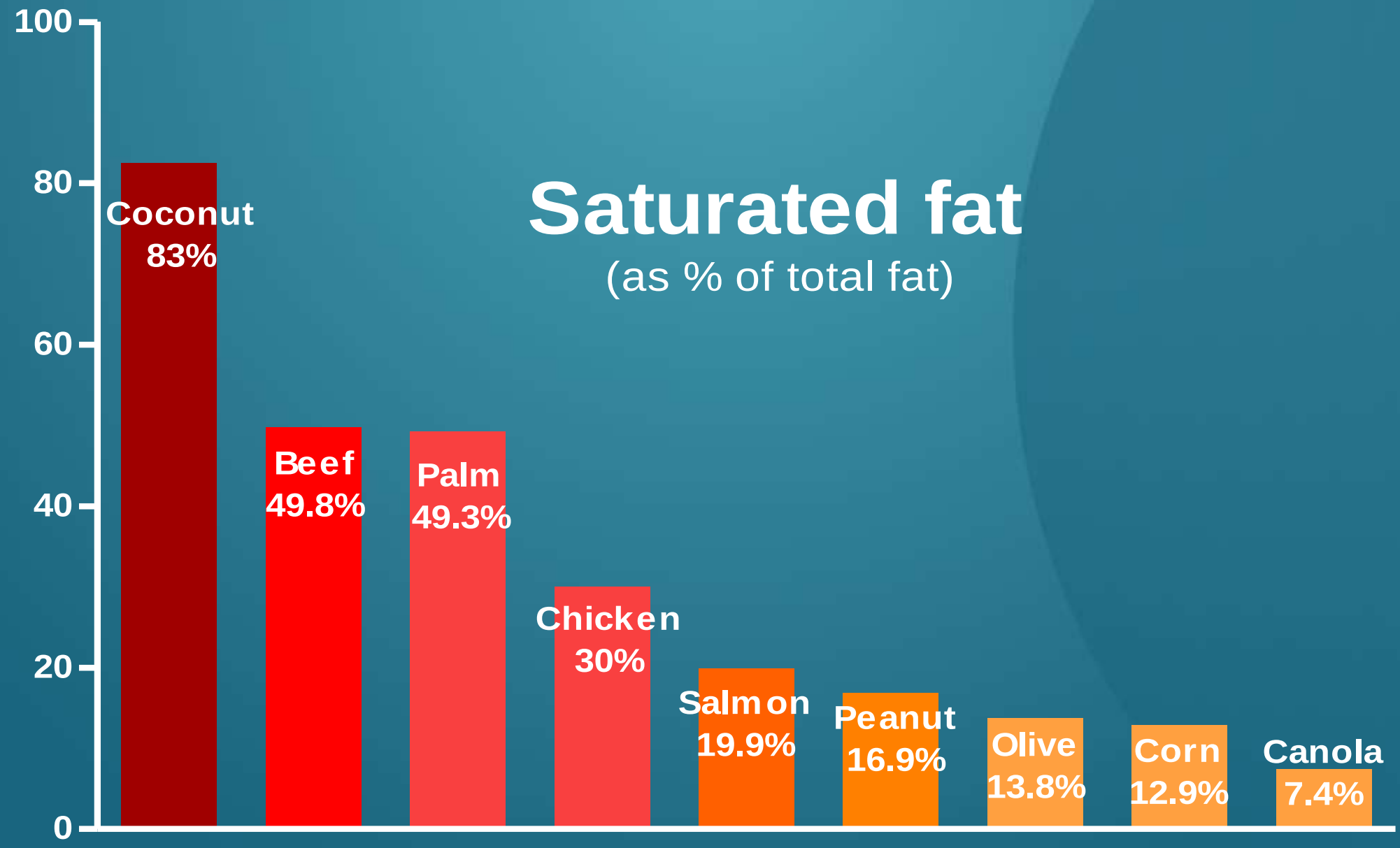
By Grant Stoddard / Published on September 2, 2020 | 9:00 AM

Coconut oil: From the coconut palm

Palm oil: From the oil palm

Saturated fat

(as % of total fat)



USDA Food Composition Databases

Circulation

ORIGINAL RESEARCH ARTICLE

The Effect of Coconut Oil Consumption on Cardiovascular Risk Factors

A Systematic Review and Meta-Analysis of Clinical Trials

Editorial, see p 815

Nithya Neelakantan, PhD*
Jowy Yi Hoong Seah, BSc*
Rob M. van Dam, PhD

BACKGROUND: Coconut oil is high in saturated fat and may, therefore, raise serum cholesterol concentrations, but beneficial effects on other cardiovascular risk factors have also been suggested. Therefore, we conducted a systematic review of the effect of coconut oil consumption on blood lipids and other cardiovascular risk factors compared with other cooking oils using data from clinical trials.

METHODS: We searched PubMed, SCOPUS, Cochrane Registry, and Web of Science through June 2019. We selected trials that compared the effects of coconut oil consumption with other fats that lasted at least 2

Neelakantan N, Seah JYH, van Dam RM. The Effect of Coconut Oil Consumption on Cardiovascular Risk Factors: A Systematic Review and Meta-Analysis of Clinical Trials. Circulation. 2020 Mar 10;141(10):803-814.

Circulation, March 20, 2020:

Meta-analysis of 16 clinical trials

Effect of coconut oil, compared with nontropical oils:

LDL-C: +10.5 mg/dL

HDL-C: +4.0 mg/dL

Neelakantan N, Seah JYH, van Dam RM. The Effect of Coconut Oil Consumption on Cardiovascular Risk Factors: A Systematic Review and Meta-Analysis of Clinical Trials. Circulation. 2020 Mar 10;141(10):803-814.

Journal of Nutrition, 2015:

Meta-analysis of clinical trials

Effect of palm oil, compared with nontropical oils:

LDL-C: +12.0 mg/dL

HDL-C: +0.8 mg/dL

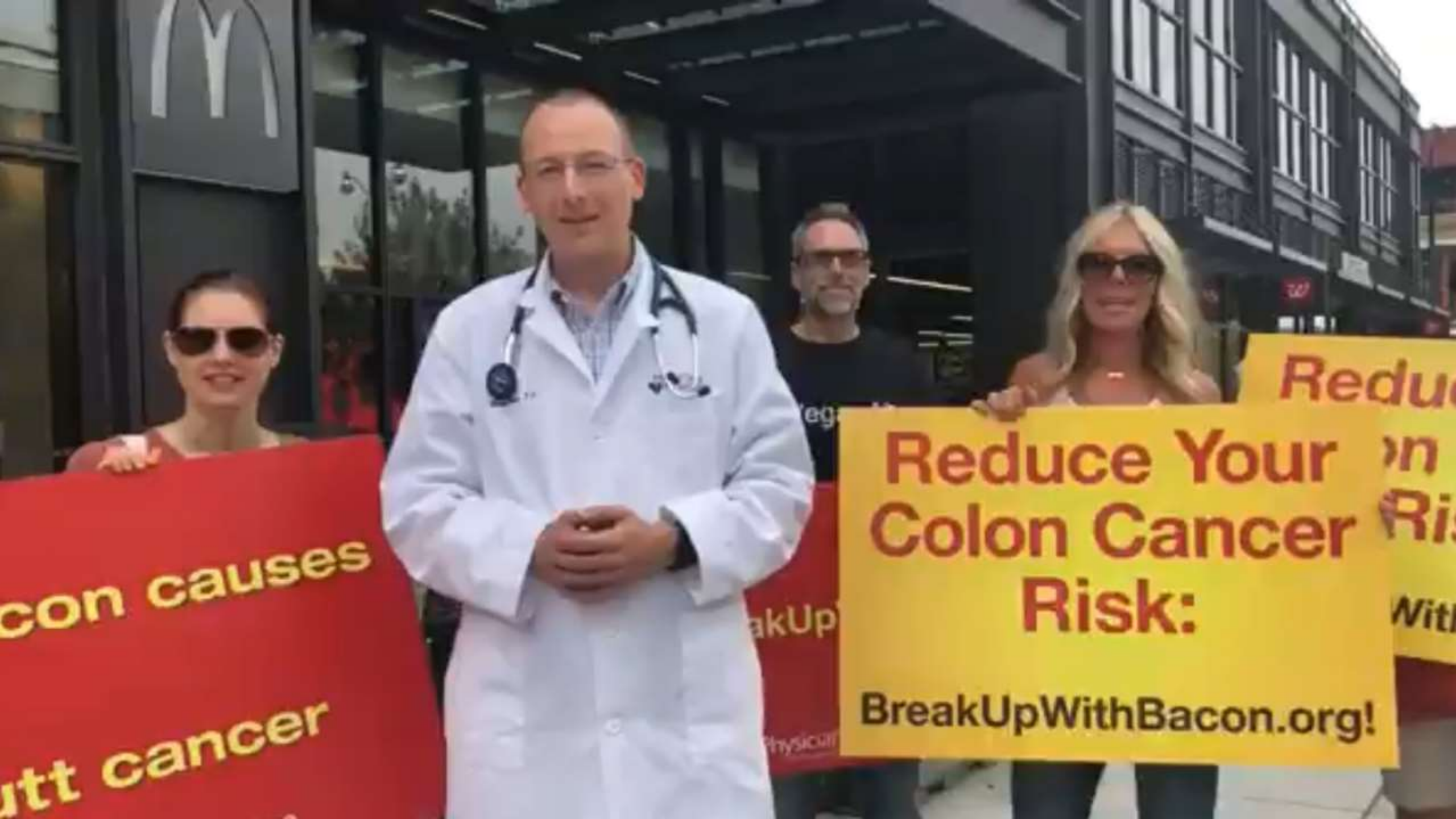
Sun Y, Neelakantan N, Wu Y, Lote-Oke R, Pan A, van Dam RM. Palm Oil Consumption Increases LDL Cholesterol Compared with Vegetable Oils Low in Saturated Fat in a Meta-Analysis of Clinical Trials. J Nutr. 2015 Jul;145(7):1549-58.

What are the appropriate uses of coconut oil and palm oil?


NO LIM
NOTHING BUT LOVE


MONTEREY
BAY
MONTAGE
Health


TEAM
IPEF
2016 Healthy Driven
Naperville
Marathon
133
STEVEN-3
Charity Hero


con causes
utt cancer
Reduce Your
Colon Cancer
Risk:
BreakUpWithBacon.org!

Starting a Healthful Diet

Step 1. “Check out the possibilities”

Foods to Try this Week

Breakfast

Lunch

Dinner

Snack


Kellogg's
All-Bran
Original
18.6 oz


60
CALORIES
ORIGINAL
Silk
Almond
Smooth and
Seriously Creamy


QUAKER
OATS
100% WHOLE GRAIN OATS
OLD FASHIONED
OATMEAL CAN
HELP REDUCE
CHOLESTEROL


60
CALORIES
per serving
ORIGINAL
Silk
Almond
Smooth and
Seriously Creamy


RESEALABLE
(more for later)
VEGGIE BREAKFAST
WAKE UP & SMELL THE VEGGIE PROTEIN
Morning Star FARMS
100% plant protein
VEGGIE
ORIGINAL
SAUSAGE PATTIES
THE POWER OF PLANTS
79% LESS FAT
9G PROTEIN
80 CALORIES
6 VEGGIE SAUSAGE PATTIES
NET WT 8 OZ (228g)


Lightlife
5G PROTEIN per serving
Disney · PIXAR
LIGHTYEAR
SMART BACON®
– Plant-Based Bacon –
NET WT 5 OZ (142g)


ORIGINAL
Bisquick
PANCAKE & BAKING MIX
40 oz


BIRCH BENDERS
MICRO-PANCAKERY
PANCAKE & WAFFLE MIX
ORGANIC
CLASSIC RECIPE
USDA ORGANIC


Bob's Red Mill
MADE WITH ORGANIC FLOUR
BUCKWHEAT
PANCAKE & WAFFLE MIX
WHOLE GRAIN
NET WT 24 OZ (1 LB 8 OZ) 680g


GLUTEN FREE
Bob's Red Mill
GLUTEN FREE
PANCAKE
Mix
NET WT 24 OZ (1 LB 8 OZ) 680g


Bob's Red Mill
ORGANIC
7 GRAIN
PANCAKE & WAFFLE MIX
WHOLE GRAIN

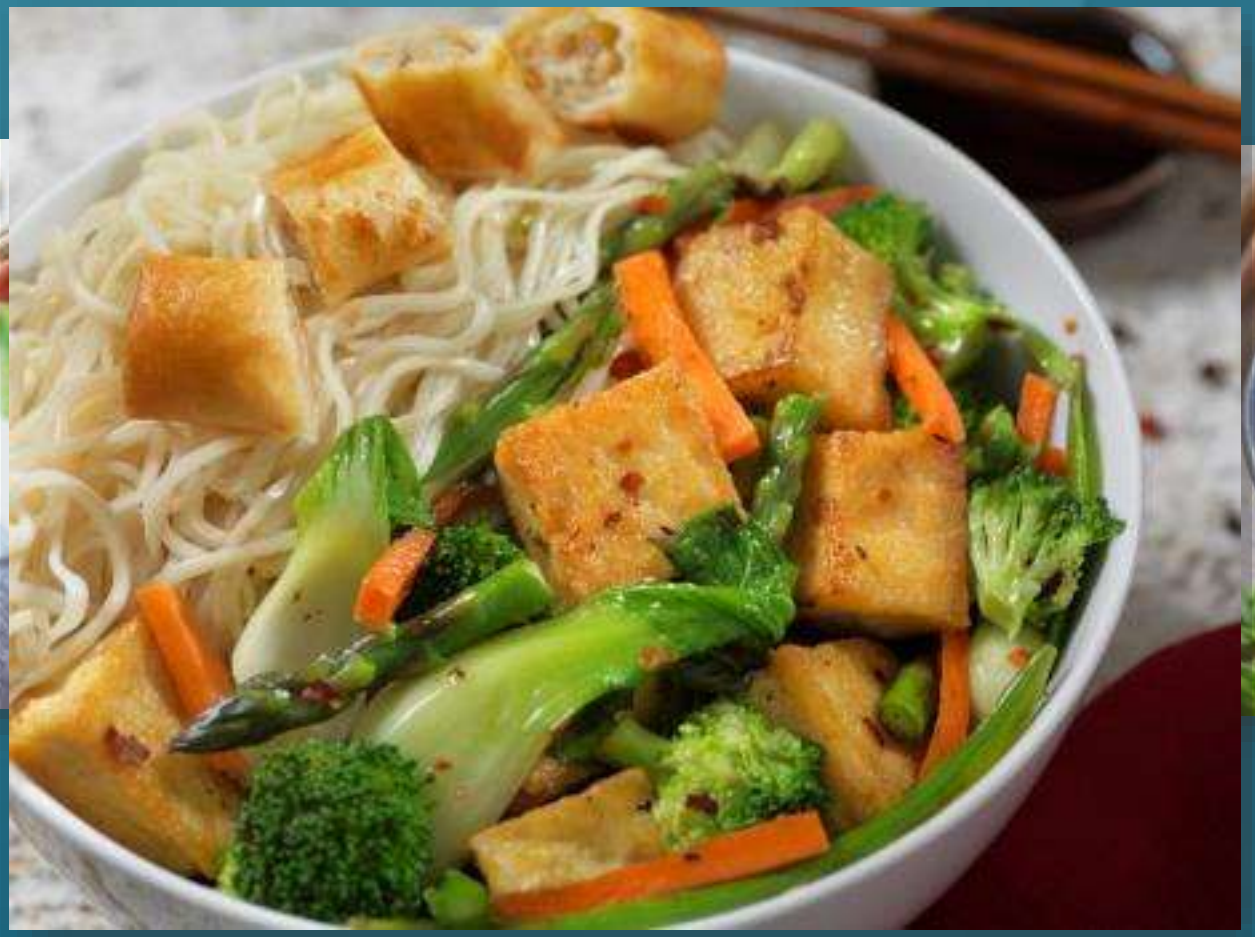
Healthy Breakfasts

Lunches and Dinners

Italian Cuisine

Latin American Cuisine

Chinese Cuisine



Japanese Cuisine

Fast Food Options

Veggie sub

Chipotle bowl

Bean burrito

Foods to Try this Week

Breakfast

- Cornflakes with almond milk
- Oatmeal with blueberries
- Veggie sausage
- Scrambled tofu w/ mushrooms

Lunch

- Veggie sub
- Split pea soup
- Black bean chili

Dinner

- Angel hair pasta arrabbiata
- Veggie burger
- Cucumber sushi (at restaurant)

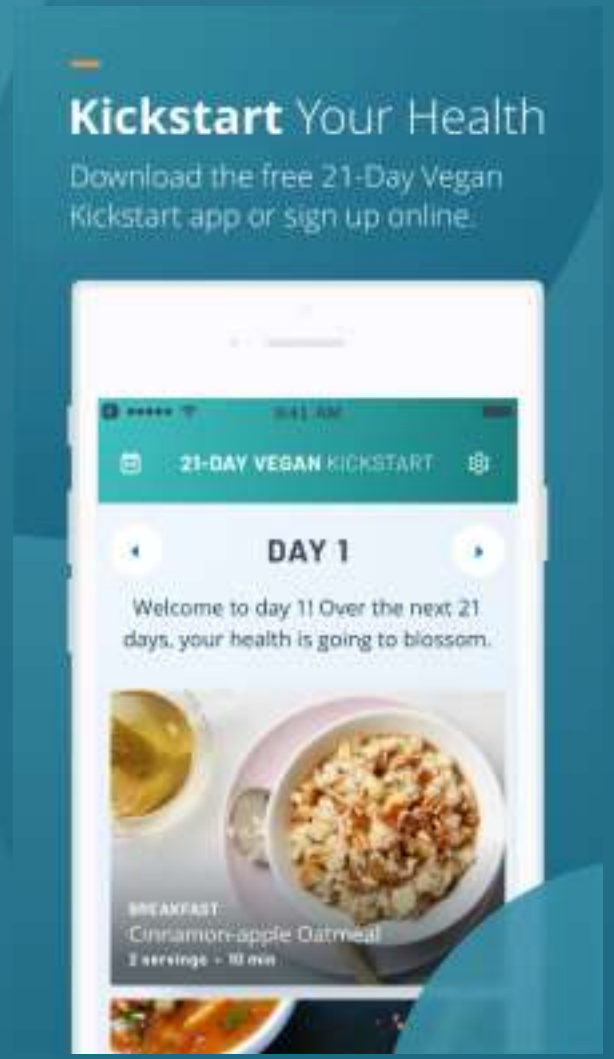
Snack

- Bananas, apples, oranges
- Papayas, mangos
- Low-fat hummus w/ crackers

Starting a Healthful Diet

Step 1. “Check out the possibilities”

Step 2. A 3-week “test drive”



21DayKickstart.org

Neal D. Barnard, MD

Dustin Harder

Lindsay S. Nixon

New York Times bestselling author of *Power Foods for the Brain*

NEAL D. BARNARD, MD

With recipes by **DUSTIN HARDER** *and* **LINDSAY S. NIXON**

THE POWER FOODS DIET

The Breakthrough Plan That Traps, Tames, and Burns Calories for Easy and Permanent Weight Loss

Thank you!

Power Foods

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