

Re: Whole-Grains provide a lot more fiber, than fruits & vegetables

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.nutrition/2006-02/msg00381.html>

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- *From:* "TC" <[tunderbar@xxxxxxxxxxxxx](mailto:tunderbar@xxxxxxxxxxxxx)>
  - *Date:* 18 Feb 2006 18:50:32 -0800
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Fibre is undigestible crap that does nothing for you nutritionally.

just thought you would know that.

TC

Mr-Natural-Health wrote:

From: "John Gohde"  
Date: Wed May 29, 2002 3:17 pm  
Subject: Eating Whole Grains Lowers Hypertension Risk

[http://my.webmd.com/content/article/1817.50963?z=1728\\_00000\\_1000\\_ln\\_04](http://my.webmd.com/content/article/1817.50963?z=1728_00000_1000_ln_04)

"Eating a high-fiber diet may not only keep you regular, but it may also keep your blood pressure in check. A new study shows that encouraging Americans to eat more foods high in dietary fiber may be a cost-effective way to prevent and lower the prevalence of high blood pressure on a national scale. "

...  
Grains provide about 36% of normal dietary fiber. Therefore, choosing these grains might be a better solution for people trying to meet the guidelines for fiber [intake], says study author Priscilla Samuel, PhD, of the John Stuart Research Laboratories at Quaker Foods and Beverages.

...  
'On a density basis, grains do provide much more of an amount of fiber compared to fruits and vegetables," says Samuel. "That is one of the reasons why we really do believe that they need to be emphasized more than they are right now to [help people] meet the fiber guidelines and in order to have an effect on high blood pressure."

—  
John Gohde,  
Achieving good Nutrition is an Art, NOT a Science!

The nutrition of eating a healthy diet is a biological factor of the mind-body connection. Weighing in at 17 web pages, The Nutrition of a Healthy Diet (<http://naturalhealthperspective.com/food/>) is now with

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more documentation and sharper terminology than ever before.