

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

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- *From:* jt <nobody@xxxxxxxxxxxx>
  - *Date:* 18 Feb 2006 22:22:10 -0600
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On 18 Feb 2006 18:50:32 -0800, "TC" <tunderbar@xxxxxxxxxxxx> wrote:

Fibre is undigestible crap that does nothing for you nutritionally.

just thought you would know that.

TC

Thanks for your typical unbiased scientific view.

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