

## Fiber

Fibers are made only by plants and found only in vegetable foods.<sup>i</sup> Fiber binds and removes heart-disease-causing cholesterol as well as certain other chemicals that are known to be cancer-causing.<sup>ii</sup> Because fibers in the intestinal tract tie up some of the sugars we eat, releasing them only slowly into the bloodstream, they help to lower and stabilize blood sugar levels—a great benefit for diabetics.<sup>iii</sup>

If we don't consume enough fiber, we are susceptible to constipation-based diseases. According to [Professor] Burkitt, these include large bowel cancer, diverticulosis, hemorrhoids and varicose veins.<sup>iv</sup> The typical American diet—loaded with animal products and refined foods—is woefully fiber-deficient and provides only about 10 grams of dietary fiber a day.<sup>v</sup> This is why a significant proportion of the American population is chronically constipated.<sup>vi</sup> Average fiber intake is about three times higher in China than in the US.<sup>vii</sup>

[The China study] results showed that high-fiber intake was consistently associated with lower rates of cancers of the rectum and colon . . . also were associated with lower levels of blood cholesterol.<sup>viii</sup>

### Grams of crude fiber present in portions of food that yield 100 calories<sup>ix</sup>:

-kidney beans 1.5	-whole wheat bread .7	-Brussels Sprouts 4.4	-cabbage 4.3
-green beans 4.0	-grapefruit .8	-kale 3.4	-tomatoes 2.3
-peas 2.4	-sweet potatoes or potatoes .6		

### Grams of crude fiber per serving:

-1 large apple-5.4	-1 cup brown rice-3.5	-oatmeal-dry-1/2 c-4
-1 c cooked split peas-16.3	-1 cup cooked lentils-15.6	-1 medium orange or banana-3.1
-1 cup cooked black beans-15.0	-1 cup cooked peas-8.8	-1 cup boiled broccoli-5.1
-1 small baked potato-3.0	-1 medium sweet potato-3.8	-1 medium raw carrot-1.7

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<sup>i</sup> John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 38.

<sup>ii</sup> John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 38.

<sup>iii</sup> John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 38.

<sup>iv</sup> T. Colin Campbell, PhD, *The China Study* (Dallas: BenBella, 2006), 89.

<sup>v</sup> John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 40.

<sup>vi</sup> John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 40.

<sup>vii</sup> T. Colin Campbell, PhD, *The China Study* (Dallas: BenBella, 2006), 90.

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<sup>viii</sup> T. Colin Campbell, PhD, *The China Study* (Dallas: BenBella, 2006), 92.

<sup>ix</sup> John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 39.