

Fiber

Fibers are made only by plants and found only in vegetable foods.ⁱ Fiber binds and removes heart-disease-causing cholesterol as well as certain other chemicals that are known to be cancer-causing.ⁱⁱ 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.ⁱⁱⁱ

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.^{iv} 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.^v This is why a significant proportion of the American population is chronically constipated.^{vi} Average fiber intake is about three times higher in China than in the US.^{vii}

[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.^{viii}

Grams of crude fiber per serving:

Food	Portion	Number of grams of fiber
Cooked oatmeal	1 cup	4 g
Walnut Halves	4	½ g
Ground flax seed	1 tablespoon	1.5 g
Blueberries	½ cup	2 g
Dates	5 whole	7 g
Above 5 items	Above 5 items for breakfast	Totals 15 grams
Sweet potato, cooked	1 cup	4 g
Green peas, boiled	1 cup	9 g
Broccoli	1 cup chopped	5g
Split peas, cooked	1 cup	16g
Lentils, cooked	1 cup	15.5g
Black beans, cooked	1 cup	15g
Navy beans, cooked	1 cup	13g
Bush's vegetarian baked beans	½ cup	4 g
3 bean salad (Hanover, canned)	1/3 c	4 g
Refried beans	½ cup	5 g
Whole Wheat soft taco size tortilla, Mission brand	1	5 g
Chia seeds	2 tablespoons	10 g (yes, ten grams!)
Hummus, Fresh Craving	1 tablespoon	1 g
Baby carrots	4 medium size raw	1 g
Carrot	1 medium	1.7g
Impossible burger	1 patty	5 g
Whole Wheat burger bun, Arnold	1 bun	4g
Raspberries	1 cup	8g
Pear	1 medium fresh	5.5g
Apple	1 medium fresh with peel	4.5g
Banana	1 medium	3g
Orange	1 medium	3g

Strawberries	1 cup fresh	3g
Brussels sprouts	1 cup cooked	4g
Quinoa	½ c cooked	2.5g
Almonds	23	3.5g
Brown rice	1 cup cooked	3.5g
Romaine Lettuce	1 cup raw	1g

Photo guide to packaged products



Grams of crude fiber present in portions of food that yield 100 calories^{ix}:

- kidney beans 7g
- green beans 4.0
- peas 2.4
- whole wheat bread .7
- grapefruit .8
- sweet potatoes or potatoes .6
- Brussels Sprouts 4.4
- kale 3.4
- chickpeas (1/2 c) 5.1g
- cabbage 4.3
- tomatoes 2.3

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

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^{iv} T. Colin Campbell, PhD, *The China Study* (Dallas: BenBella, 2006), 89.

^v John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 40.

^{vi} John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 40.

^{vii} T. Colin Campbell, PhD, *The China Study* (Dallas: BenBella, 2006), 90.

^{viii} T. Colin Campbell, PhD, *The China Study* (Dallas: BenBella, 2006), 92.

^{ix} John McDougall, MD, *The McDougall Program* (New York: Plume, 1991), 39.