'Waste' foods have value

anne

wanstall

vious, even to the obese, plant origin that is not that not everything which broken down by the goes into the body human digestive system. through the mouth system.

leave behind for repair of many foods. iobs and general refueling.

conversation.

Harry Elkins

HONEYMOON

EXPERTS

an enjoyable or trau-

matic experience,

expense, wasted time and frustration of poorly planned vaca-

tions. Married life

will have plenty of

without having them

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place to spend your

honeymoon? The

choices are endless... NO. 0007853

honeymoon.

It must be fairly ob- Dietary fibre is food of

Composed mostly of remains within the carbohydrates, fibre has been historically linked to As previous nutrition digestive regularity and articles have pointed out, contributes to the we eat most things for the desirable texture, or chemical residue they "eating" characteristics,

Additional elements of a meal. our foods, such as Perhaps that's why vitamins, minerals, fat, dietary fibre or roughage proteins and other caras it's more commonly bohydrates, play their known - seldom comes roles in meeting our up as a subject of drawing bodily needs, such as room or even nutritional energy growth and that "satisfied" feeling that

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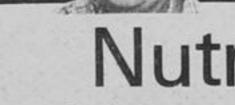
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The need for these "waste" products

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comes after having eaten recently came under with low fibre diets. discussion when a team of

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urbanized Africans to sweet potatoes are high in fibre. that of Western man.

Results showed that In addition, the cereal rural Africans, with large fibres found in whole amounts of fibre in their grain and bran (the highdiet, suffered less from fibre outer layers of the digestive problems cereal grain) are most (constipation, append- effective. Whole grain icitis, diverticultitis, breads, such as wheat cancer of the colon) than and rye, bran muffins and did the more highly ur- bran-containing ready-tobanized Western group eat cereals are excellent

sources. It is relatively simple to Wheat bran-based British physicians add more fibre to our cereals contain from two compared the dietary diets. Fruits and to seven per cent fibre fibre intake of rural and vegetables such as and can be enjoyed alone, berries, tomatoes, or in combination with the broccoli, cabbage, more generally eaten cauliflower, carrots and cereals for breakfast.

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