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Nota di contenuto	Dietary Reference Intakes Proposed Definition of Dietary Fiber; Copyright; REVIEWERS; Contents; I. OVERVIEW AND CHARGE TO THE PANEL ; II. DEFINITIONS OF DIETARY FIBER ; III. ISSUES IN DEFINING DIETARY FIBER ; ANIMAL VERSUS PLANT MATERIAL; CARBOHYDRATES NOT RECOVERED BY ALCOHOL PRECIPITATION; INCLUSION OR EXCLUSION OF MONO- AND DISACCHARIDES; LIGNIN; RESISTANT STARCH; INTACT AND NATURALLY OCCURRING IN FOOD; REQUIREMENT THAT A FIBER HAVE SPECIFIC HEALTH BENEFITS; Colonic Health; Breast Cancer; Cardiovascular Disease; Diabetes; Obesity; Other Roles in Health IV. PROPOSED DEFINITION OF DIETARY FIBER DISTINGUISHING FEATURES; RATIONALE FOR DEFINITIONS; INCLUSION OF LIGNIN AS DIETARY FIBER; EXCLUSION OF SPECIFIC PHYSIOLOGICAL EFFECTS; PHASING OUT THE TERMS SOLUBLE AND INSOLUBLE DIETARY FIBER; V. IMPACT OF THE DEFINITIONS OF DIETARY FIBER AND UNRESOLVED ISSUES ; IMPACT ON ANALYTICAL METHODOLOGY; IMPACT ON

RECOMMENDED LEVELS OF INTAKE; IMPACT ON FOOD COMPOSITION
DATABASES; IMPACT ON DIETARY FIBER RESEARCH; IMPACT ON
NUTRITION LABELING; VI. REFERENCES; Appendix A Acknowledgments ;
INDIVIDUALS; ORGANIZATIONS; Appendix B Glossary
Appendix C Development and Evolution of Methods Used to Extract and
Measure Dietary Fiber ENZYMATIc-GRAVIMETRIC METHODS;
ENZYMATIc-CHEMICAL METHODS; COMPONENTS INCLUDED IN EACH
METHOD OF ANALYSIS; Nonstarch Polysaccharides; Lignin; Resistant
Starch; Oligosaccharides; Fructans, Inulin, and Oligofructose;
Polydextrose; Modified Cellulose; Resistant Maltodextrins; Chitin and
Chitosan; Chondroitin; Noncarbohydrate Components; SUMMARY;
Appendix D Determination Of Energy Values For Fibers
