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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

Sommario/riassunto

The current situation regarding labeling and defining dietary fiber in the United States and many other countries is arbitrary due to its reliance on analytical methods as opposed to an accurate definition that includes its role in health. Without an accurate definition, compounds can be designed or isolated and concentrated using the currently available methods, without necessarily providing beneficial health effects. Other compounds can be developed that are nondigestible and provide beneficial health effects, yet do not meet the current U.S. definition based on analytical methods. For the above reasons, the Food and Nutrition Board, under the oversight of the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, assembled a Panel on the Definition of Dietary Fiber to develop a proposed definition(s) of dietary fiber. This Panel held three meetings and a workshop.
