

CRC  
HANDBOOK OF

# Dietary Fiber in Human Nutrition

3rd Edition

Edited by  
GENE A. SPILLER



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# **Crc Handbook Of Dietary Fiber In Human Nutrition**

**A. Catharine Ross, Benjamin  
Caballero, Robert J. Cousins, Katherine  
L. Tucker**



## **Crc Handbook Of Dietary Fiber In Human Nutrition:**

CRC Handbook of Dietary Fiber in Human Nutrition Gene A. Spiller, 2001-06-27 Dietary fiber is widely recognized as an essential element of good nutrition In fact research on the use of fiber in food science and medicine is being conducted at an incredible pace CRC Handbook of Dietary Fiber in Human Nutrition Third Edition explores the chemistry analytical methodologies physiological and biochemical aspects clinical and epidemiological studies and consumption patterns of dietary fiber Featuring new chapters and tables in addition to updated sections the third edition of this popular book includes important information that has become available since the publication of the second edition What s new in the Third Edition o Definitions and consumption of dietary fiber from 1992 2000 o A new chapter on the physical chemistry of dietary fiber o Updated dietary fiber values for common foods o New table Tartaric Acid Content of Foods o Coverage of non plant food fibers such as chitin and chitosan o An entire section devoted to the effect of whole grains cereal fiber and phytic acid on health o Discussion of the interaction of fiber and phytochemicals Quickly retrieve and understand current data with the book s concise easy to read tables and definitions Covering all aspects of dietary fiber including chemistry and definitions analytical procedures and basic physiological functions the CRC Handbook of Dietary Fiber in Human Nutrition provides you with a unique collection of dietary fiber information unlike that found in any other book CRC Handbook of Dietary Fiber in Human Nutrition, Third Edition Gene A. Spiller, 1992-11-30 Dietary fiber is now widely recognized as an essential element of good nutrition and research on the use of fiber in food science and medicine is being conducted at an incredible pace CRC Handbook of Dietary Fiber in Human Nutrition 2nd Edition has been updated and expanded to include new information that has become available since the publication of the first edition in 1985 The book provides an incredible wealth of information on the chemistry analytical methodologies physiological and biochemical aspects clinical and epidemiological studies and consumption patterns of dietary fiber The tables of dietary fiber in food have been extensively expanded New chapters added to the book include discussions on dietary fiber and starch fiber and inflammatory bowel disease and fiber consumption in Italy CRC Handbook of Dietary Fiber in Human Nutrition 2nd Edition is an excellent reference for all researchers physicians nutritionists food manufacturers and other health professionals studying the effects of fiber in the diet or using high fiber foods in a clinical setting **Dietary Fiber in Health and Disease** David Kritchevsky, Charles T. Bonfield, 2012-12-06 This volume carries the proceedings of the Vahouny Fiber Symposium which took place in Washington DC in March of 1996 George V Vahouny pioneered this conference which was conceived as a means of exchanging information on the latest advances in fiber

research The conference was renamed in George Vahouny's honor after his untimely death In this volume we have included the reminiscences of Prof A R P Walker one of the pioneers in the field and discussion of the epidemiological findings relating dietary fiber to heart disease cancer and gastrointestinal disease As the overall definition of fiber has broadened we have included for discussion other aspects of carbohydrate chemistry and metabolism Complex carbohydrates were the subject of a full session and resistant starch and the roles of oligosaccharides were discussed later in the meeting Another area of fiber metabolism that is beginning to burgeon is that of the short chain fatty acids and this too was the subject of presentations and discussion In addition the more familiar topics in dietary fiber were updated Workshops devoted to specific areas of fiber research have now become a mainstay of these meetings and they were repeated successfully Due to restraints on spending the attendance at this meeting was somewhat smaller than usual but the discussion was lively and pertinent We are deeply grateful to our sponsors and contributors for their continuing interest in dietary fiber research and for their generous support of this symposium

**Essentials Of Functional Foods** Mary K. Schmidl, Theodore P. Labuza, 2000-06-30 Providing overview depth and expertise Essentials of Functional Foods is the key resource for all involved in the exciting and rapidly growing arena of functional foods Every important aspect of functional foods and ingredients is covered from technology product groups and nutrition to safety efficacy and regulation The editors and their expert contributors emphasize broadly based principles that apply to many functional foods This book is essential reading for food scientists researchers and professionals who are developing researching or working with functional foods and ingredients in the food drug and dietary supplement industry

**The Nutrition Handbook for Food Processors** C J K Henry, C Chapman, 2002-08-16 Since Arnold Bender's classic Food processing and nutrition in 1978 there has been no single volume survey of the impact of processing on the nutritional quality of food With its distinguished editors and international team of contributors The nutrition handbook for food processors fills that gap It summarises the wealth of research in an area as important to the food industry as it is to health conscious consumers Part one provides the foundation for the rest of the book looking at consumers and nutrition After a discussion of surveys on what consumers eat there are two reviews of research on the contribution of vitamins and minerals to health Three further chapters discuss how nutrient intake is measured and at how nutrition information is presented to and interpreted by consumers Part two looks at processing and nutritional quality Two introductory chapters look at raw materials discussing the nutritional enhancement of plant foods and meat respectively The remaining chapters review the impact of processing beginning with a general discussion of the stability of vitamins during processing There are chapters on processes such as thermal processing frying freezing packaging and irradiation The book also covers newer processes such as microwave processing ohmic heating and high pressure processing Given the unprecedented attention on the impact of processing on the nutritional quality of food The nutrition handbook for food processors is a standard work in its field Summarises key findings on diet and nutrient intake the impact of nutrients on

health and how food processing operations affect the nutritional quality of foods Examines consumers and nutrition processing and nutritional quality and nutritional enhancement of plant foods and meat among other topics Reviews the wealth of recent research in an area as important to the food industry as it is to health conscious consumers *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids* Institute of Medicine, Food and Nutrition Board, Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Subcommittee on Interpretation and Uses of Dietary Reference Intakes, Subcommittee on Upper Reference Levels of Nutrients, Panel on the Definition of Dietary Fiber, Panel on Macronutrients, 2005-11-28 Responding to the expansion of scientific knowledge about the roles of nutrients in human health the Institute of Medicine has developed a new approach to establish Recommended Dietary Allowances RDAs and other nutrient reference values The new title for these values Dietary Reference Intakes DRIs is the inclusive name being given to this new approach These are quantitative estimates of nutrient intakes applicable to healthy individuals in the United States and Canada This new book is part of a series of books presenting dietary reference values for the intakes of nutrients It establishes recommendations for energy carbohydrate fiber fat fatty acids cholesterol protein and amino acids This book presents new approaches and findings which include the following The establishment of Estimated Energy Requirements at four levels of energy expenditure Recommendations for levels of physical activity to decrease risk of chronic disease The establishment of RDAs for dietary carbohydrate and protein The development of the definitions of Dietary Fiber Functional Fiber and Total Fiber The establishment of Adequate Intakes AI for Total Fiber The establishment of AIs for linolenic and a linolenic acids Acceptable Macronutrient Distribution Ranges as a percent of energy intake for fat carbohydrate linolenic and a linolenic acids and protein Research recommendations for information needed to advance understanding of macronutrient requirements and the adverse effects associated with intake of higher amounts Also detailed are recommendations for both physical activity and energy expenditure to maintain health and decrease the risk of disease **National Library of Medicine Current Catalog** National Library of Medicine (U.S.),

Dietary Fiber David Kritchevsky, Charles T. Bonfield, James W. Anderson, 2012-12-06 Twenty years ago the very idea of an international conference on the fiber contained in plant food would have been totally inconceivable At that time fiber was generally viewed as an inert component of food of no nutritional value and consequently considered as a contaminant the removal of which would enhance the purity of a product It was measured by a now obsolete and almost worthless test introduced in the last century for veterinary rather than human nutrition and what was measured was referred to as crude fiber containing part of the cellulose and lignin but none of the numerous components of fiber now known to play important roles in the maintenance of health There were a few lone voices prior to the last two decades who had extolled the laxative properties of the undigested portion of food assuming that these were related to its irritant action on the bowel mucosa In retrospect this was a total misconception and softage would have been a more appropriate term than roughage since its

presence insured soft not irritating colon content

**Dietary Fiber in Health and Disease** Mark L. Dreher, 2017-11-16

This newest addition to the Nutrition and Health series is a comprehensive yet portable guide to the use of dietary fiber for the management of health and disease. Dietary Fiber in Health and Disease covers all sources of dietary fiber with a focus on preventing and managing chronic diseases. Each chapter contains a careful analysis with many figures and tables of the most recent human dietary fiber studies and includes specific recommendations on the fiber types and intake levels required to prevent and manage chronic disease and improve health. Additionally, physicians, dietitians, nurses, nutritionists, pharmacists, food industry scientists, academic researchers, and educators, naturopathic doctors, and other health professionals will be drawn to the practical, ready-to-use information and coverage of subjects such as fiber in gastrointestinal health and disease, fiber in cancer prevention, fiber in Type 2 Diabetes, and fiber in body weight and composition. Dietary Fiber in Health and Disease will be of interest to physicians and other healthcare professionals in many different specialties, including general practitioners, oncologists, endocrinologists, and other practitioners looking to implement dietary advice as part of the patient treatment plan.

*Western Diseases* Norman J. Temple, Denis P. Burkitt, 2012-12-06 Sir Richard Doll FRS FRCP ICRF Cancer Research Studies Unit Radcliffe Infirmary Oxford UK The twentieth century has seen few changes more remarkable than the improvement in health that has occurred nearly everywhere, most spectacularly in the economically developed countries. In these countries, improved nutrition, better housing, the control of infection, smaller family sizes, and higher standards of education have brought about a situation in which more than 97% of all liveborn children can expect to survive the first half of the three score years and ten that formerly was regarded as the allotted span of life. From then on, however, the position is less satisfactory. Some improvement has occurred, but the proportion of survivors who die prematurely—that is, under 70 years of age—varies from 25% to over 50% in men and from 13% to 28% in women, the extremes in both sexes being recorded respectively in Japan and Hungary. Most of these deaths under 70 years of age must now be called premature, even in Japan. For most of them are not the result of any inevitable aging process but instead are the consequences of diseases or types of trauma that have lower, often much lower, age-specific incidence rates in many of the least developed countries.

*The 10 Biggest Diet Myths that Ruin Your Health* Warren Peary, 2003 A summary of the medical research on diet, health, and disease prevention. This volume separates the false diet claims from the science by summarizing the major body of medical research to provide readers a proven means to optimal health and prevention of disease.

*The Glycaemic Index* Thomas M. S. Wolever, 2006-01-01 This book will be of significant interest to researchers in nutrition, medicine, and food science and to health agencies and the food industry.

*The Origins of Human Diet and Medicine* Timothy Johns, 1996-01-01 People have always been attracted to foods rich in calories, fat, and protein, yet the biblical admonition that meat be eaten with bitter herbs suggests that unpalatable plants play an important role in our diet. So-called primitive peoples show a surprisingly sophisticated understanding of how their bodies interact with plant chemicals, which may allow us to rediscover the origins of

diet by retracing the paths of biology and culture The domestication of the potato serves as the focus of Timothy Johns s interdisciplinary study which forges a bold synthesis of ethnobotany and chemical ecology The Aymara of highland Bolivia have long used varieties of potato containing potentially toxic levels of glycoalkaloids and Johns proposes that such plants can be eaten without harm owing to human genetic modification and cultural manipulation Drawing on additional fieldwork in Africa he considers the evolution of the human use of plants the ways in which humans obtain foods from among the myriad poisonous and unpalatable plants in the environment and the consequences of this history for understanding the basis of the human diet A natural corollary to his investigation is the origin of medicine since the properties of plants that make them unpalatable and toxic are the same properties that make them useful pharmacologically As our species has adapted to the use of plants plants have become an essential part of our internal ecology Recovering the ancient wisdom regarding our interaction with the environment preserves a fundamental part of our human heritage

*Modern Nutrition in Health and Disease* Benjamin Caballero, Robert J. Cousins, Katherine L. Tucker, 2020-07-10 This widely acclaimed book is a complete authoritative reference on nutrition and its role in contemporary medicine dietetics nursing public health and public policy Distinguished international experts provide in depth information on historical landmarks in nutrition specific dietary components nutrition in integrated biologic systems nutritional assessment through the life cycle nutrition in various clinical disorders and public health and policy issues *Modern Nutrition in Health and Disease* Eleventh Edition offers coverage of nutrition s role in disease prevention international nutrition issues public health concerns the role of obesity in a variety of chronic illnesses genetics as it applies to nutrition and areas of major scientific progress relating nutrition to disease

*Modern Nutrition in Health and Disease* A. Catharine Ross, Benjamin Caballero, Robert J. Cousins, Katherine L.

Tucker, 2020-07-10

**Sustainable Swine Nutrition** Lee I. Chiba, 2013-02-04 Finding sustainable means of swine nutrition is important to both pork industry personnel and the environment alike This reference comprehensively covers the most recent advancements in sustainability that results in more efficient diets thus reducing both production costs and waste Chapters include information on alternative feedstuffs feed additives bioavailability of nutrients and management of wastes and odors Written by internationally recognized experts in the field *Sustainable Swine Nutrition* will be a valuable reference for those involved in all aspects of pork production Comprehensively covers the most recent advancements in sustainability to promote reduced pork production costs and waste Covers recent topics such as alternative feedstuffs feed additives and bioavailability Discusses environmental topics such as waste and odor management Written by an international team of experts in the field

**Dietary Patterns and Whole Plant Foods in Aging and Disease** Mark L. Dreher, 2018-02-13 This text provides a comprehensive review of the latest research on the effects of dietary patterns and whole plant foods on general health aging and cardiometabolic disease risk from major prospective cohort studies and randomized controlled trials RCTs and their meta analyses The book extensively assesses the effects of lifestyle dietary patterns and specific whole

plant foods on the quality of aging the impact of fiber rich foods on colonic microbiota and weight regulation the effects of which influence the quality of aging the effects of fiber rich diets on the aging gastrointestinal tract and the role of dietary patterns and specific whole plant foods on coronary heart disease hypertension chronic kidney disease stroke and type 2 diabetes Figures are extensively used to highlight findings and tables summarizing food composition dietary patterns and whole plant foods Tables summarizing meta analyses and representative cohort studies and RCTs provide state of the art coverage of the important effect of dietary patterns and whole plant foods on aging and cardiometabolic diseases Dietary Patterns and Whole Plant Foods in Aging and Disease will serve as a very useful state of the art resource for dietitians physicians nurses food industry scientists researchers naturopathic doctors educators and their students interested in the role of dietary patterns and specific whole plant foods on aging and disease The probability of healthy aging and disease prevention is significantly improved by 70% when individuals and populations follow a healthy lifestyle Healthy lifestyle choices include adhering to a healthy dietary pattern increasing physical activity most days of the week achieving and maintaining lean body weight and waist size and the cessation of smoking It is estimated that 90% or more of those in westernized populations are on track for unhealthy aging and increased cardiometabolic disease risk especially with the obesity pandemic associated with relatively poor diet quality and sedentary lifestyles Healthy dietary patterns significantly lower risk of all cause mortality and chronic disease incidence compared to Western dietary patterns Since healthy whole and minimally processed plant foods vary widely in their nutrient and phytochemical compositions their overall benefit in aging and disease may vary depending on the specific whole plant foods consumed Nutrient Requirements of Swine National Research Council, Division on Earth and Life Studies, Board on Agriculture and Natural Resources, Committee on Nutrient Requirements of Swine, 2012-08-02 Since 1944 the National Research Council has published 10 editions of the Nutrient Requirements of Swine This reference has guided nutritionists and other professionals in academia and the swine and feed industries in developing and implementing nutritional and feeding programs for swine The swine industry has undergone considerable changes since the tenth edition was published in 1998 and some of the requirements and recommendations set forth at that time are no longer relevant or appropriate The eleventh revised edition of the Nutrient Requirements of Swine builds on the previous editions published by the National Research Council A great deal of new research has been published during the last 15 years and there is a large amount of new information for many nutrients In addition to a thorough and current evaluation of the literature on the energy and nutrient requirements of swine in all stages of life this volume includes information about feed ingredients from the biofuels industry and other new ingredients requirements for digestible phosphorus and concentrations of it in feed ingredients a review of the effects of feed additives and feed processing and strategies to increase nutrient retention and thus reduce fecal and urinary excretions that could contribute to environmental pollution The tables of feed ingredient composition are significantly updated Nutrient

Requirements of Swine represents a comprehensive review of the most recent information available on swine nutrition and ingredient composition that will allow efficient profitable and environmentally conscious swine production

**Clinical Naturopathy** Jerome Sarris, Jon Wardle, 2014-08-15 Clinical Naturopathy an evidence based guide to practice 2nd edition E book by Jerome Sarris and Jon Wardle articulates evidence based clinical practice It details the principles treatment protocols and interventions at the forefront of naturopathic practice in the 21st century Clinical Naturopathy an evidence based guide to practice 2e E book equips you to critically evaluate your patients analyse treatment protocols and provide evidence based prescriptions This second edition promotes the fundamentals of traditional naturopathy while pushing the scientific boundaries and driving the steady evolution of the profession of naturopathic medicine Perfect for Bachelor of Health Science Naturopathy Advanced diploma and Postgraduate students in Naturopathy Western Herbal Medicine Nutrition Homoeopathy Complementary health therapists General Practitioners Nursing students Pharmacy students Benefits Provides an evidence based referenced analysis of the treatment protocols underpinning the therapeutic use of CAM interventions Emphasizes the treatment of patients not diseases within the systems based structure A rigorously researched update of common clinical conditions and their naturopathic treatment according to evidence based guidelines over 5 000 references Bridges conventional medical and naturopathic paradigms to help clinicians facilitate truly integrative models of care Augmented appendices including herb drug interaction charts laboratory reference values food sources of nutrients cancer medication interactions and nutraceutical use Key Treatment Protocols throughout the text offer an evidence based referenced critique Naturopathic Treatment trees for each condition with Treatment Aims boxes that are easy to follow and understand Scientific and traditional evidence validating treatment protocols Decision trees unique figures tables and charts are a great aid to visual learners Expanded Diagnostics chapter including the emerging field of pharmacogenomics New Wellness lifestyle and preventive medicine chapter to explore in detail the core principles of naturopathic practice New Liver dysfunction and disease Headache and migraine and Pain chapters A deepening scientific focus with inclusion of new and emerging naturopathic therapeutics such as injectable nutraceuticals

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