# New Dietary Fibre and their Characteristics

<table>
<thead>
<tr>
<th>Name</th>
<th>Source</th>
<th>Health Benefits</th>
<th>Examples of products containing them</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Blood sugar</td>
<td>Cholesterol</td>
</tr>
<tr>
<td>Inulin</td>
<td>Extracted from chicory root or Jerusalem artichoke</td>
<td>√</td>
<td>√√</td>
</tr>
<tr>
<td>Oat hull fibre</td>
<td>Extracted from the hull of oats</td>
<td>Ø</td>
<td>√</td>
</tr>
<tr>
<td>Polydextrose</td>
<td>Synthetic (manufactured industrially)</td>
<td>Ø</td>
<td>√</td>
</tr>
</tbody>
</table>

**Examples:**
- Bread
- Pasta
- Juice
- Cookies
- Cereal bars
- Breakfast cereals
- Light ice cream
- Protein bars (meal substitutes)
- Breakfast shakes

**Key:**
- Ø Probably ineffective
- √ Efficacy unlikely
- √√ Probably effective
- √√√ Efficacy confirmed

*Diabetes Québec*

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