

New Dietary Fibre and their Characteristics

Name	Source	Health Benefits					Examples of products containing them
		Blood sugar	Cholesterol	Satiety	Prebiotic	Bowel regularity	
Inulin	Extracted from chicory root or Jerusalem artichoke	√	√√	√	√√√	√√	<ul style="list-style-type: none"> • Bread • Pasta • Juice • Cookies • Cereal bars • Breakfast cereals
Oat hull fibre	Extracted from the hull of oats	∅	√	√	√√	√√√	<ul style="list-style-type: none"> • Bread • Pasta • Cookies • Crackers • Cereal bars • Breakfast cereals • Instant oatmeal porridge
Polydextrose	Synthetic (manufactured industrially)	∅	√	√	√√	√√√	<ul style="list-style-type: none"> • Light ice cream • Protein bars (meal substitutes) • Breakfast shakes

Key:

∅ Probably ineffective

√ Efficacy unlikely

√√ Probably effective

√√√ Efficacy confirmed