

Dietary Fibre in Human Nutrition

Dietary fibre is the indigestible portion of plant foods (resistant to human digestive enzymes):

- Cellulose
- Non-cellulose polysaccharides
- Single non-carbohydrate member-lignin.

Sources of dietary fibre: whole grains, pulses, vegetables and fruits.

Requirement: 30g/day. An excessive intake can reduce bioavailability.

Links

Related articles

- Lipids and Carbohydrates in Human Nutrition
- Minerals in Human Nutrition
- Trace Elements in Human Nutrition
- Food Contaminants

External Links

- <http://www.who.int/nutrition/topics/nutrecomm/en/index.html> (<http://www.who.int/nutrition/topics/nutrecomm/en/index.html>)

Bibliography

- BENCKO, Vladimir, et al. *Hygiene and epidemiology : selected chapters*. 2. edition. Prague. 2008. ISBN 80-246-0793-X.