

DIETARY FIBER -- AN OVERVIEW FROM A PEDIATRIC PERSPECTIVE

- I. Definitions
- II. Structure and Classification of Dietary Fiber
- III. Analysis of Fiber
- IV. Estimates of Fiber Intake
- V. Fiber and Health
 - A. Intestinal Diseases
 1. Laxation (Colon Function)
 2. Diverticular Disease
 3. Colon Cancer
 - B. Cardiovascular Disease
 1. Cholesterol + Bile Acid Excretion + Metabolism
 2. Serum Lipid Profiles
 - C. Diabetes
 1. Glycemic Index
 - D. Obesity
 1. Satiety
 2. Caloric Density
- VI. Potential Detrimental Effects of Fiber
 - A. Intestinal Morphology
 - B. Nutrient Bioavailability
 - C. Nutrient Intake
- VII. Regulatory Issues
- VIII. Recommendations for Health Maintenance