

# **DRI: Implications for Fiber Labeling and Consumption**

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Title: Dietary Reference Intakes: Implications for Fiber Labeling and Consumption: A Summary of the International Life Sciences Institute North America Fiber Workshop

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Supported by the [Committee on Carbohydrates](#) \_\_Abstract: Multiple definitions of dietary fiber have been developed and are in use around the world. These definitions vary as to which substances are considered to be fibers, the analytical methods utilized to identify and measure these fibers, and whether physiological criteria are part of the definition. The rationale for the Institute of Medicine's definitions of fiber, functional fiber, and total fiber in light of evolving nutritional science were discussed. Some highlights of the workshop include:

- 0. History of definitions of fiber
  - 0. Tests and criteria for distinguishing dietary and functional fibers regarding:
    - Analytical methods
    - Physiological effects
    - Regulatory issues
    - Consumer issues
  - 0. Knowledge gaps
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