

How to paste deleting the lines

Classification of dietary fibre

Tunland and Meyer (2002) suggested several different classification systems to classify the components of dietary fibre: based on their role in the plant, based on the type of polysaccharide, based on their simulated gastrointestinal solubility, based on site of digestion and based on products of digestion and physiological classification. However, none is entirely satisfactory, as the limits cannot be absolutely defined. The most widely accepted classification for dietary fibre has been to differentiate dietary components on their solubility in a buffer at a defined pH, and/or their fermentability in an invitro system using an aqueous enzyme solution representative of human alimentary enzymes. Thus most appropriately dietary fibre is classified into two categories such as water- insoluble/less fermented fibres: cellulose, hemicellulose, lignin and the water-soluble/well fermented fibres: pectin, gums and mucilages (Anita and Abraham 1997). The classification of dietary fibre components on the basis of water solubility and fermentability is presented in Table 1.