

DIETARY FIBER

noun | di·e·tary fi·ber | \ 'dī-ə-,ter-ē 'fī-bər\

: a statement of the number of grams of dietary fiber in one serving of a food

ON THE LABEL

Dietary fiber is indented and rounded to the nearest gram.

- If a serving contains less than 1 gram, declaration is not required, but you may choose to use one of the following:
 - <1g
 - Contains <1g
 - Contains less than 1 g
 - Less than 1g
- If the serving contains less than 0.5 gram, the content may be expressed as zero.

Nutrition Facts

4 servings per container	
Serving size	1 cup (140g)
Amount per serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 10g	36%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 5mcg	25%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 230mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DV CHANGE
 **28g** up from 25g

NEW FDA FIBER DEFINITION

Naturally occurring fibers that are “intrinsic and intact” in plants (vegetables, whole grains, fruits, cereal bran, flaked cereal and flours), and added isolated or synthetic non-digestible soluble and insoluble carbohydrates that the FDA has determined to have beneficial physiological effects to human health.

beneficial dietary fibers

ADDED, NON-DIGESTIBLE ISOLATED OR SYNTHETIC FIBERS:

- | | |
|--|--|
| Alginate | High amylose starch (resistant starch 2) |
| Arabinoxylan | Hydroxypropylmethylcellulose |
| Acacia (Gum Arabic) | Inulin and inulin-type fructans |
| Beta-glucan | Locust bean gum |
| Cellulose | Mixed plant cell wall fibers |
| Cross-linked phosphorylated starch (RS4) | Pectin |
| Galactooligosaccharide (GOS) | Polydextrose |
| Glucomannan | Psyllium husk |
| Guar gum | Resistant maltodextrin/dextrin |

NON -DIGESTIBLE CARBOHYDRATES

Ingredients, such as xanthan gum, that do not meet the definition of dietary fiber are not included in the dietary fiber total on the label. They still will be included in the Total Carbohydrate number.

NEW CALCULATION

Based on the new definition, a sample bar with oats, cellulose and xanthan gum would have 10g of Total Dietary Fiber. The 5g of non-digestible carbohydrates that comes from xanthan gum are not used in calculating Total Dietary Fiber, but ARE used in calculating Total Carbs.

Important: Manufacturers are required to make and keep records verifying the declared amount of dietary fiber.

5g	BENEFICIAL Soluble Fiber (oats)
+5g	BENEFICIAL Insoluble Fiber (cellulose)
5g	NON-DIGESTIBLE Soluble Carbohydrates (xanthan Gum is not 'beneficial')
0g	NON-DIGESTIBLE Insoluble Carbohydrates
10g	TOTAL DIETARY FIBER (only 'beneficial' fiber used to calculate total)

