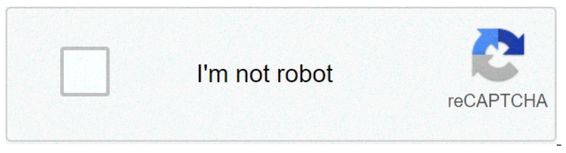

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Fiber is a type of

Fiber is a type of multiple choice question. Fiber is a type of carbohydrate found in. Fiber is a type of complex carbohydrate. Fiber is a type of amylose. Fiber is a type of carbohydrate. Fiber is a type of quizlet. Fiber is a type of which of the 6 essential nutrients. Fiber is a type of polysaccharide derived from plants.

Food portion derived from the plant that cannot be completely digested Fiber-rich foods: fruit, vegetables and cereals The wheat bran has a high content of food fiber. Food fiber (British spelling fibre) or roughness is the portion of food derived from plants that cannot be completely destroyed by human digestive enzymes. [1] Food fibers are different in the chemical composition, and can generally be grouped by their solubility, viscosity and fermentability, which affect how fibers are processed in the body. [2] Food fiber has two main components: Soluble fiber and insoluble fiber, which are components of plant foods, such as legumes, whole grains and cereals, vegetables, fruit and nuts or seeds. [2][3] A high diet in regular fiber consumption is generally associated with sustaining health and lowering the risk of different diseases. [2] Food fiber sources have traditionally been divided according to the fact that they provide soluble or insoluble fibers. Plant foods contain both types of fiber in variable quantities, according to the characteristics of viscosity fiber and fermentability. [1][5] The advantages of the fiber consumption depend on which type of fiber is consumed and what benefits can lead to the gastrointestinal system. [6] Charging fibers – such as cellulose, hemicellulose and psyllium – absorb and hold water, promoting regularity. [7] Viscous fibres – like beta-glucan and psyllium – thicken the fecal mass. [7] Fertile fibers – such as resistant starch and inulin – feed bacteria and microbiota of the large intestine, and are metabolized to produce short chain fatty acids, which have different roles in gastrointestinal health. [8][9] Soluble fiber (fiber fertilizer or prebiotic fiber) – which dissolves in water – is generally fermented in the colon in gas and byproducts physiologically active, such as short chain fatty acids produced in the colon by intestinal bacteria. Examples are beta-glucans (in oats, barley and mushrooms) and raw guar gum. Psyllium – a soluble, viscose, unfermented fiber – is a bulky fiber that keeps water while moving through the digestive system, easing defecation. Soluble fiber is generally viscose and delays gastric emptying which, in humans, can lead to an extended feeling of fullness. [2] Inulin (in chicory root), wheat dexter, oligosaccharides and resistant starches[10] (in legumes and bananas), are non-viscose soluble fibers. [2] Regular intake of soluble fibers, such as oat or barley beta-glucans, has been established to lower LDL cholesterol blood levels, a risk factor for cardiovascular diseases. [2][11] The insoluble fiber – which does not dissolve in water – is inert to digestive enzymes in the upper gastrointestinal tract. Examples are rawWheat, cellulose and lignin. The insoluble coarse ground fiber triggers the secretion of the mucus in the large intestine, providing bulking. Finely insoluble fiber earth does not have this effect and can actually have constipation constipation Some forms of insoluble fiber, such as resistant starches, can be fermented in the colon. [12] The food fiber consists of non-starch polysaccharides and other plant components such as cellulose, resistant starch, resistant dexters, inulin, lignin, chitins (in mushrooms), pectin, beta-glucans and oligosaccharides. [2][3] Definition Food fiber is defined to be plant components that are not subdivided by human digestive enzymes. [1] At the end of the 20th century, only lignina and some polysaccharides were known to meet this definition, but at the beginning of the 21st century, resistant starch and oligosaccharides were included as components of the food fiber. [1][13] The most accepted definition of the food fiber is "all polysaccharides and lignina, which are not digested by the endogenous secretion of the human digestive tract". [14] Currently, most animal nutritionists are using a physiological definition, "dietary components resistant to degradation from mammalian enzymes", or a chemical definition, "the sum of polysaccharides (NubleSP) [3] Other types of insoluble fiber, especially resistant starch, are fermented to produce short chain fatty acids, which are energy sources for coloniocytes. [1][10][12] A diet rich in food fibers and whole grains can lower coronary heart disease rates, colon cancer and type 2 diabetes. [15] The definition of food fiber varies between institutions: Organization Definition Institute of Medicine[16] (2001) Food fiber consists of non-digestible and lignine carbohydrates that are inherent and integral in plants. "Added Fiber" consists of isolated and non-digestible carbohydrates that have physiological effects beneficial in man. American Association of Cereal Chemists[17] (2001) Food fiber is the edible part of similar plants or carbohydrates that are resistant to digestion and absorption in the small human intestine, with full or partial fermentation in the large intestine. Food fiber includes polysaccharides, oligosaccharides, lignine and associated vegetable substances. Food fibers promote physiological beneficial effects, including laxation, and/or attenuation of blood cholesterol, and/or attenuation of blood glucose. Codex Alimentarius Commission[18] (2014; adopted by the European Commission[citation needed] and 10 countries internationally) Food fiber means carbohydrate polymers with more than 10 monomer units, which are not hydrolyzed by digestive enzymes in the small intestine of human beings. British Nutrition Foundation[1](2018) Food fiber refers to a group of substances in plant foods that cannot be completely destroyed by human digestive enzymes. This includes waxes, lignina and polysaccharides such as cellulose and pectin. Originally it was thought that the food fiber was completely indigestibleHe didn't provide energy. It is now known that some fibers can be fermented inIntestines from intestinal bacteria, producing short chain fatty acids and gas. European Union[19] Fibre means carbohydrate polymers with three or more monomer units, which are neither digested nor absorbed in the small human intestine. [20] According to the Joint Research Centre of the European Commission, "the definitions of the EU and the United States differ from the definition Codex Alimentarius (FAO 2009) on the number of monomers that make up the carbohydrate polymer; While the EU and the United States include three or more monomeic units, the Codex definition specifies ten or more, leaving the national authorities to decide whether to include also as carbohydrate fiber with 3-9 monomers. " [19] Food fibers can act by changing the nature of the gastrointestinal tract content and changing as other nutrients and chemicals are absorbed. [21] Some types of soluble fibers absorb water to become a gelatinous and viscose substance. Some types of insoluble fiber have mass action and are not fermented,[13] while some insoluble fibers such as wheat bran can be slowly fermented in the colon as well as the fecal mass effect. [22] Generally, soluble fibers are fermented more than insoluble fibers in the colon.[23][22][25][26] Types and sources This section needs additional quotations for verification. Please help improve this article by adding quotes to reliable sources. The material not supplied can be contested and removed. 421 (Learn as and when to remove this model) Nutrient Additive Food Source/Comments insoluble dietary fibres β-glucan (some of which are hydrosoluble) Ovine and starch seeds (including seed plants of starch seeds)Fibers are found in fruit, vegetables and integral cereals. The quantity of fiber contained in common foods is in the following table: [28] Food unit serving media Fiberma for fruit portion 120 ml (0.5 cup) [29] [30] 1.1 g Dark green vegetables 120 ml (0.5 cup) 6.4 g Orange vegetables 120 ml (0.5 cup) 2.1 g cooked beans (legumes) 120 ml (0.5 cup) 8.0 g Vegetables 120 ml (0.5 cup) 1.7 g Other vegetables 120 ml (0.5 cup) 1.1 g whole grains 28 g (1 oz) 2.4 g meat 28 g (1 oz) 0.1 g The food fiber is located in the plants, typically eaten whole, raw or cooked, even if the fiber can be added to make food supplements and processed foods rich in fibers. Wheat bran products have higher fiber content, such as wheat bran (79 g per 100 g) and wheat bran (43 g per 100 g), which are ingredients for food products. [28] Medical authorities, such as the Mayo clinic, recommend the addition of fiber-rich products to the standard American diet (SAD) which is rich in processed and artificially sweetened foods, with a minimum intake of vegetables and legumes. [31] [32] Vegetable sources Some plants contain significant quantities of soluble and insoluble fiber. For example, plums and plums have a thick skin that covers a juicy pulp. The skin is a source of insoluble fiber, while the soluble fiber is in the pulp. The grapes also contain a fair quantity of fiber. [33] Soluble fibers are present in various quantities in all vegetable foods, including: legumes (pecchi, soy, lupuli and other beans) oats, rye, chia, barley some fruits (including figs, avocado, plums, berries, Mature bananas, and apple, apple and pear skin) Some vegetables like broccoli, carrots These are some sample forms of fiber that have been sold as supplements or food additives. These can be marketed to consumers for nutritional purposes, treatment of various gastrointestinal disorders, and for such possible health benefits such as lowering cholesterol levels, reduce the risk of colon cancer, and lose weight. Soluble fiber supplements can be useful for alleviating symptoms of irritable bowel syndrome, such as diarrhea or abdominal distress and discomfort. [35] Fiber-soluble prebiotic products, such as those containing inulin or oligosaccharides, can contribute to relief from intestinal inflammatory disease, [36] as in Crohn's disease, [37] ulcerative colitis, [38] [39] and Clostridium partly due to short-chain fatty acids produced with subsequent anti-inflammatory actions on the intestine. [41] [42] Fiber supplements can be effective in an overall dietary plan for managing irritable bowel syndrome by changing food choices. [43] An insoluble fiber, high amylose-resistant starch, has been used as a supplement and can help improve sensitivity to insulin and glycemic management [44] [46] as well as promote regularity [47] and possibly diarrhea relief. [48] [49] [50] A preliminary discovery indicates that the starch of resistant corn can reduce symptoms. [51] Main article: Inulin chemically defined as oligosaccharides that naturally occur in most plants, inulines have a nutritional value such as carbohydrates, or more specifically as fruity, a polymer of natural plant sugar, fructose. Inulin is typically extracted from producers from plants sources enriched as roots of chicory or artichokes of Jerusalem for use in prepared foods. [52] Subtly sweet, it can be used to replace sugar, fat and flour, it is often used to improve flow and mixing quality of nutritional supplements in powder and has a potential health value as a prebiotic fermentable fiber [53]. As a prebiotic fermentable fiber, inulin is metabolized by intestinal flora to produce short chain fatty acids (see below), which increases calcium absorption, [54] magnesium, [55] and iron. [56] The primary disadvantage of Inulin is its fermentation within the intestinal tract, probably causing flatulence and digestive anguish at doses greater than 15 grams/day in most people. [57] Individuals with digestive diseases benefited from fructose and inulin removal from their diet. [58] While clinical studies have shown changes in microbitate at lower levels of inulin intake, higher amounts may be needed to obtain body weight effects [59]. Vegetable gums herbal supplements fiber supplements are relatively new to the market. Often sold as a powder, gum vegetable fibers dissolve easily without aftertaste. In preliminary clinical studies, they have proven effective for treating irritable bowel syndrome. [60] Examples of vegetable rubber fibers are guar gums and arabic tires. Activities in the Gut This section needs additional quotations for verification. Please help improve this article by adding quotes to reliable sources. The material not brought can be challenged and removed. (20 February 201) (Discover how and when to remove this message) Many molecules that are considered "food fibres" are so becausehumans lack enzymes necessary to divide the glycosidic bond and reach the cranial intestine. Many foods contain different types of dietary fibers, all contribute to health in different ways. Dietary fibers make three primary contributions: bulking, viscosity and fermentation. [61] Different fibers have different effects, suggesting that a variety of dietary fibers contributes to general health. Some fibers contributeA primary mechanism. For example, the wheat and cellulose bran provides excellent volume effects, but are minimally fermented. Alternatively, many dietary fibers can contribute to health through more than one of these mechanisms. For example, Psyllium offers most viscosity. Mass fibers can be soluble (such as Psyllium) or insoluble (eg cellulose and hemicellulose). They absorb water and can significantly increase the weight and regularity of the stools. The most voluminous fibers are not fermented or are minimally fermented throughout the intestinal tract. [61] The viscous fibers thicken the contents of the intestinal tract and can mitigate the absorption of sugar, reduce the sugar response after eating and reducing the absorption of lipids (in particular shown with cholesterol absorption). Their use in food formulations is often limited to low levels, due to their viscosity and thickening effects. Some viscous fibers can also be partially or fully fermented within the intestinal tract (Guaro di Guaro, Beta-glucano, GlucuCannan and Pectins), but some viscous fibers are minimally or non-fermented (cellulose modified as methylcellulose and psyllium). [61] Fermentable fibers are consumed by the microbbitana inside the cravillant intestines, slightly increasing most of the fets and producing short-chain fatty acids such as by-products with wide range physiological activities (discussion below). The resistant starch, inulin, fructooligosaccharide and galactooligosaccharide are dietary fibers that are fully fermented. These include insoluble and soluble fibers. This fermentation influences the expression of many genes within the large intestine [62] which influence the digestive function and the metabolism of lipids and glucose, as well as the immune system, inflammation and more. [63] Fire fermentation produces gas (carbon, hydrogen and methane dioxide) and short-chain fatty acids. Isolated or purified fermentable fibers are rapidly fermented in the intestine and can cause unwanted gastrointestinal symptoms (swelling, indigestion and flatulence). [64] Dietary fibers can change the nature of the content of the gastrointestinal tract and can change the way other nutrients and chemical substances are absorbed through most volume and viscosity. [3] [21] Some types of soluble fibers bind to bilious acids in the tenuous intestine, making them less likely to re-enter the body; This in turn lowers blood cholesterol levels from the actions of oxidation mediated by cholesterol cytochrome P450. [13] Insoluble fiber is associated with reduced risk of diabetes, [65] but the mechanism with which this is obtained is unknown. [66] A type of fiber Insoluble, resistant starch, can increase insulin sensitivity into healthy people, [67] [68] in type 2 diabetics, [69] and in individuals with insulin resistance, possibly helping to reduce the risk of type diabetes 2. 46] [45] [44] Not yet formally proposed as an essential macronutrient, diet fiber is imported into the diet, with regulatory authority in many developed developed recommending fiber intake increases. [3][21][70][71] Food fiber has distinct physicalchemical properties. Most semi-solid foods, fibers and fats are a combination of gel matrices that are hydrated or collapsed with microstructure, globules, solutions or encapsulating walls. Fresh fruit and vegetables are cellular materials.[72][74] The cooked potato cells and legumes are gels filled with granules of gelatinized starch. The cellular structures of fruits and vegetables are foamed with a closed cell geometry filled with a gel, surrounded by cell walls that are composite with a haemopha matrix reinforced by complex carbohydrates fibers. Particle sizes and interface interactions with adjacent matrices affect the mechanical properties of food composites. Food polymers can be soluble in water and/or plasticized. Variables include chemical structure, polymer concentration, molecular weight, chain branching degree, encoding extension (for electrolytes), solution pH, ion force and temperature. The cross-linking of different polymers, proteins and polysaccharides, either through chemical covalent bonds or cross-links through molecular entanglement or hydrogen or cross-linking ionic bond. Cooking and chewing food alters these physicochemical properties and therefore absorption and movement through the stomach and along the intestines[75] Higher gastrointestinal tract Following a meal, the stomach and the upper gastrointestinal content consist of complex fat/micellar/acquosis/hydrocolloids compounds and hydrophobic phases solid, liquid, colloidal and bubble gas phases. [76] Micells are clusters of colloid size molecules that form under conditions such as those mentioned above, similar to the critical concentration of detergent micelles. [77] In the upper gastrointestinal tract, these compounds consist of biliary acids and di- and monoacyl glycerols that solubilize triacylglycerols and cholesterol. [77] Two mechanisms bring nutrients in contact with epithelium: intestinal contractions create turbulence; and convection currents bring the direct content from the lumen to the epithelial surface. [78] The many physical stages of the intestinal tract slow the absorption rate compared to that of the suspension solvent alone. The nutrients spread through the thin and relatively thin layer of fluid adjacent to the epithelium. The immobilization of nutrients and other chemicals within complex polysaccharide molecules affects their release and subsequent absorption from the small intestine, an influential effect on the glycemic index.[78] The molecules begin to interact while their concentration increases. During absorption, water must be absorbedA commensured rate with the absorption of solutes. The transport of nutrients actively and passively absorbed through epithelium is influenced by the layer of non-disgruntled water covering the Microvillus membrane. [78] The presence of mucus or fiber, for example, pectin or guar, in the in the Layer can change the viscosity and the soluto diffusion coefficient. [76] Adding viscous polysaccharides to carbohydrate meals can reduce post-prandial blood glucose concentrations. The grain and corn but not the oats modifies the absorption of glucose, the rate depends on the size of the particles. The reduction in the absorption rate with GUM GUR can be due to greater resistance from viscous solutions to convective flows created by intestinal contractions. Food fiber interacts with pancreatic enzymes and enteric enzymes and their substrates. Human pancreatic enzyme activity is reduced when it is incubated with most fiber sources. The fiber can affect Amylase activity and therefore the fate hydrolysis rate. The most viscous polysaccharides extend the transit time of the mouth to Czech; Guar, the tragacanto and the pectin are more lens of wheat bran. [79] Cologne The colon can be considered as two organs, the right side (cecum and ascending colon), a fermenter. [80] The right side of the colon is involved in the recovery of nutrients in such a way that food fiber, resistant starch, fat and proteins â €

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