

## CHEAT SHEET

# DIETARY FIBER

noun | di-e-tary fi-ber | \ˈdī-ə-ˌter-ē ˈfī-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 1g
  - 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	
<b>Serving size</b>	<b>1 cup (140g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 5g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 5g	
<b>Vitamin D</b> 5mcg	<b>25%</b>
<b>Calcium</b> 20mg	<b>2%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 230mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 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.*

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