



Dietary Fibre: New Insights on Biochemistry and Health Benefits

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Message from the Guest Editors

Dear Colleagues,

When the term dietary fibre was first coined, over sixty years ago, it referred only to the plant cell walls in the diet. Since then, the definition of dietary fibre has changed considerably and the term now encompasses a wide range of different components, including resistant starches and non-digestible oligosaccharides. This has presented substantial challenges in devising methods for determining the dietary fibre content of foods. However, it also vitally important to recognize that the term dietary fibre is applied to such a wide range of components, with quite diverse properties, when the effects of dietary fibre on human health are considered, in both cohort and dietary intervention studies. Different types of dietary fibres may produce quite different effects on health. This Special Issue will highlight the relationship between the biochemistry of dietary fibre and its health benefits and contributions on any aspect are welcome.

Professor Dr. Philip James Harris

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Guest Editors





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