

Journals

Anderson JW, Baird P, Davis RH Jr, et al. Health benefits of dietary fiber. *Nutr Rev.* 2009;67(4):188-205.

Klosterbuer A, Roughead ZF, Slavin J. Benefits of dietary fiber in clinical nutrition. *Nutr Clin Pract.* 2011;26(5):625-635.

Kranz S, Brauchla M, Slavin JL, Miller KB. What do we know about dietary fiber intake in children and health? The effects of fiber intake on constipation, obesity, and diabetes in children. *Adv Nutr.* 2012;3:47-53.

Li S, Guerin-Deremaux L, Pochat M, Wils D, Reifer C, Miller LE. NUTRIOSE dietary fiber supplementation improves insulin resistance and determinants of metabolic syndrome in overweight men: a double-blind, randomized, placebo-controlled study. *Appl Physiol Nutr Metab.* 2010;35(6):773-782.

Stewart ML, Nikhanj SD, Timm DA, Thomas W, Slavin JL. Evaluation of the effect of four fibers on laxation, gastrointestinal tolerance and serum markers in healthy humans. *Ann Nutr Metab.* 2010;56(2):91-98.

Vuksan V, Jenkins AL, Jenkins DJA, Rogovik AL, Sievenpiper JL, Jovanovski E. Using cereal to increase dietary fiber intake to the recommended level and the effect of fiber on bowel function in healthy persons consuming North American diets. *Am J Clin Nutr.* 2008;88(5):1256-1262.

Web

Anderson J, Perryman S, Young L, Prior S. Dietary fiber. Colorado State University Extension website. <http://www.ext.colostate.edu/pubs/foodnut/09333.html>. December 2010.

Dietary fiber: essential for a healthy diet. Mayo Clinic website. <http://www.mayoclinic.com/health/fiber/NU00033>. November 19, 2009.

Dietary reference intakes: macronutrients. Institute of Medicine website. http://www.iom.edu/Global/News/Announcements/~/_media/C5CD2DD7840544979A549EC47E56A02B.ashx.

Fiber. Linus Pauling Institute Macronutrient Information Center website. <http://lpi.oregonstate.edu/infocenter/phytochemicals/fiber>. December 2005. Updated April 2012.

Identifying whole grain products, Whole Grains Council website.
<http://www.wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products>.

Rough up your diet: fit more fiber into your day. NIH News in Health website.
<http://newsinhealth.nih.gov/issue/aug2010/feature1>. August 2010.

Reports

US Department of Agriculture Dietary Guidelines Advisory Committee. ***Dietary Guidelines for Americans, 2010***. Washington, DC: Dietary Guidelines Advisory Committee; 2011.

Other

Fiber content taken from *The USDA National Nutrient Database for Standard Reference*