






NATURALLY OCCURRING AND SUPPLEMENTAL FIBRES

FIBER TYPE	FOOD SOURCES	FIBRE SUPPLEMENTS	EFFECTS IN IBS
SOLUBLE			
<p>Highly and rapidly fermentable (oligos) e.g. FOS, GOS</p> 	<ul style="list-style-type: none"> Vegetables (onion, garlic, artichoke) Grains (wheat, rye, pulses) 	<ul style="list-style-type: none"> FOS 	<ul style="list-style-type: none"> ↑ Growth beneficial bacteria ↑ SCFA production <p>But, rapidly fermented, so may cause gas, bloating, distension and pain</p>
<p>Highly fermentable 'fibre' (e.g. RS, pectin, inulin)</p> 	<ul style="list-style-type: none"> Vegetables (cooked and cooled potato and corn) Fruit (passionfruit, avocado, citrus, canteloupe, jams, strawberries, kiwifruit, firm bananas) Grains (millet, cooked and cooled rice, pasta (spelt), bread (gluten free, fibre-enriched white bread), Konjac noodles / pasta) Pulses (canned chickpeas and lentils), tofu, tempeh) 	<ul style="list-style-type: none"> Inulin (Fibresure) Resistant starch (Hi Maize) Wheat dextrin (Benefibre) Partially hydrolysed guar gum (Sunfiber) 	<ul style="list-style-type: none"> RS slowly fermented, so may cause less distension, pain & bloating than FODMAPs Guar gum, pectin, wheat dextrin, PHGG have gel-forming properties May increase overall bacterial species May increase SCFA production <p>But, rapid fermentation may cause gas, flatus and GI symptoms in IBS. No well-designed studies in IBS</p>
INTERMEDIATE SOLUBLE			
<p>Moderately fermentable fibre</p> 	<ul style="list-style-type: none"> Grains (oats, psyllium husks) 	<ul style="list-style-type: none"> Psyllium husk (Metamucil Original) Plantago ovata seeds, ispaghula husks (Agiofibre) Unprocessed oat bran 	<ul style="list-style-type: none"> ↑ bacterial mass → stool bulking Gel-forming properties Improved laxation <p>But, may cause gas / flatus</p>
INSOLUBLE			
<p>Moderately fermentable</p> 	<ul style="list-style-type: none"> Vegetables (corn, eggplant, green beans, broccoli, spinach) Fruit (grapes, strawberries, raspberries, pineapple, blueberries, currants, raisins) Bread (gluten free multigrain, wholemeal) Grains (puffed amaranth, brown rice, burghal, buckwheat kernel, quinoa) Seeds (Flaxseed) 	<ul style="list-style-type: none"> Unprocessed wheat / rice / oat bran Linseed / flaxseed 	<p>Slowly fermented Promotes laxation</p> <ul style="list-style-type: none"> ↑ overall bacterial species ↑ SCFA production <p>But, wheat bran may cause excessive gas, wind & bloating – possibly due to fructans in bran</p>
<p>Non-fermentable</p> 	<ul style="list-style-type: none"> Vegetables (celery, stalks of green leafy vegetables) Fruits (rhubarb, skins of fruits) Nuts (peanuts, almonds, walnuts) Seeds (chia, pumpkin, sesame) 	<ul style="list-style-type: none"> Methylcellulose (Citrucel) Sterculia (Normafibe) 	<ul style="list-style-type: none"> Stool bulking (cellulose) Gel-forming properties (methylcellulose and sterculia) <p>But, most suited to IBS-C</p>

