

Diet-Related Fibers & Human Health Outcomes Database

Developed by an expert team led by Dr. Nicola McKeown at Boston University

Funded by the Institute for the Advancement of Food & Nutrition Sciences

Current version 10.1 containing 1,332 entries capturing new literature through June 2024

Helpful to anyone conducting an evidence review on fiber and the following health outcomes, providing data on population, intervention, comparator, and outcome (PICO)

1. Total and LDL cholesterol
2. Post-prandial glucose & insulin
3. Blood pressure
4. Increased fecal bulk and laxation
5. Transit time for food to move through digestive track
6. Colonic fermentation & short chain fatty acid production
7. Modulation of colonic microflora
8. Weight loss, weight maintenance, and reduction in adiposity
9. Increased satiety
10. Bone

Excel database and user manual are available by contacting Dr. McKeown (nmckeown@bu.edu) and at the IAFNS website (<https://iafns.org/our-work/research-tools-open-data/dietary-fiber-database>).

