

# **Diet-Related Fibers & Human Health Outcomes Database**

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

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**Current version 11.1 containing 1,343 entries capturing new literature through December 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>).**

