

Dietary fibre analysis - Forum activities - state of affairs

Updated 12 August 2010

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Introduction

The current method (AOAC985.29) used for fibre levels in food composition databases all over the world does not measure/ partially measures levels of oligosaccharides /resistant starch and compounds included in the new definitions. The use of correct methods will result in higher levels for fibre for bread, pasta and other grain based products. Values for bread will increase by ~ 0.5%.

The HEALTHGRAIN Forum is aiming at getting correct values for dietary fibre for cereal grain based products in food databases all over Europe.

Discussions with food database officers in Europe

Food database officers indicated that changing dietary fibre values in food databases in order to correspond better with the new EU definition of dietary fibre is no simple issue:

- 1) Agreement should be obtained on the analytical method to be used
- 2) This issue should preferably be dealt at the European level,
- 3) EuroFIR - the European Food Information Resource Organization - is the appropriate body for discussing this issue

Discussion with Paul Finglas, EuroFIR Executive Director

Paul Finglas expressed his interest and willingness to cooperate. Regarding analytical methods, at present no particular method has been recommended by Codex and or EU committees.

The Codex CCFNDSU Committee will discuss this issue in its 32nd meeting, Santiago, Chile 1-5 November 2010. Proposals will be made for selecting the new AOAC 2009.01 Official Method (the McCleary method).

Possible actions following the Codex 2010 CCFNDSU meeting

When this method will indeed be proposed as a preferred one, the HEALTHGRAIN Forum will consider initiating a collaborative study where a range of products of member organisations will be analysed for fibre with both AOAC985.29 (and/or AOAC 991.43) and AOAC2009.01.