## What components of Dietary Fiber does each method measure accurately?

AOAC Method	Megazyme Product	Target Analytes					
			Soluble DF		Insoluble DF	Problems/Issues	
		Total Dietary Fiber					
		HMWDF	SDFS	SDFP	IDF	Underestimated	Overestimated
985.29	K-TDFR	✓	×	×	×	RS <sub>2</sub> , RS <sub>3</sub>	$RS_4$
991.43		×	×	✓	✓		
2001.03	Individual Enzymes <sup>†</sup>	✓	✓	×	×		
2009.01	<u>K-INTDF</u>	✓	<b>✓</b>	×	×	RS <sub>2</sub> , RS <sub>4</sub> , FOS	High non-resistant starch content (very minor)
2011.25		×	✓	✓	✓		
2017.16	<u>K-RINTDF</u>	✓	✓	×	×	NONE	NONE
2017.16*		×	✓	<b>✓</b>	✓		

<sup>\*</sup>Modified as per AOAC991.43 to allow for soluble /insoluble Dietary Fiber determination.

**HMWDF**: High Molecular Weight Dietary Fiber. **RS**: Resistant Starch. **IDF**: Water insoluble Dietary Fiber. **SDFP**: Water soluble Dietary Fiber which precipitates in 78% ethanol. **SDFS**: Water soluble Dietary Fiber that remains soluble in 78% ethanol.

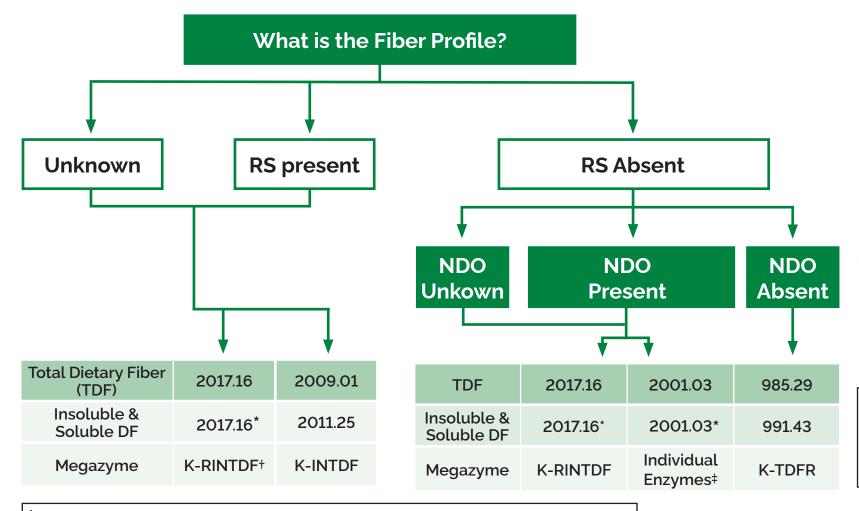
Megazyme's Rapid Integrated Dietary Fiber AOAC Method 2017.16 has received final approval (K-RINTDF)

The only method suitable for all Dietary Fiber sample types The only method to accurately measure all relevant Dietary Fiber components Megazyme

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<sup>†</sup>E-BLAAM, E-AMGDFNG or E-AMGDFPD, E-BSPRPD

## Which method is most appropriate to measure Dietary Fiber in my sample?



## **Resistant Starch**

RS, e.g. partially milled grains

RS, e.g. uncooked potato

RS<sub>3</sub> e.g. retrograded rice

RS, e.g. Fibersym®

## Non-digestible Oligosaccharides

Fructooligosaccharides (FOS)

Galactooligosaccharides (GOS)

Polydextrose

Resistant Maltodextrins (RMD)

**DF**: Dietary Fiber

RS: Resistant Starch

NDO: Non-digestible

Oligosaccharides



Megazyme is a Global Leader in the measurement of Dietary Fiber

<sup>\*</sup>Modification as per **AOAC 991.43** to allow for soluble/insoluble DF determination †K-RINTDF provides a more accurate measurement for Resistant Starch ‡E-BLAAM, E-AMGDFNG or E-AMGDFPD, E-BSPRPD