



FDA Dietary Fiber Approval Update

On June 14th the FDA issued guidance¹ and a supporting science review identifying eight additional non-digestible carbohydrates (NDCs) that will be added to the definition of "dietary fiber" that was established in the Nutrition Facts label final rule. The eight new fibers are: mixed plant cell wall fibers; arabinoxylan; alginate; inulin and inulin-type fructans; high amylose starch (resistant starch 2); galactooligosaccharide; polydextrose; and resistant maltodextrin/dextrin.

A new category of non-digestible carbohydrates was identified as Mixed Plant Cell Wall Fibers (MPCWF). MPCW fiber ingredients contain two or more plant cell wall fibers such as cellulose, arabinoxylan, pectin, beta glucan and lignin in varying proportions.

FDA Approved Dietary Fibers	Not Approved
<p>Cellulose* (includes MCC*) Beta Glucan Psyllium Husk* Guar Gum Pectin Locust Bean Gum Hydroxypropylmethyl Cellulose (HPMC)* Mixed Plant Cell Wall Fibers Apple Fiber* Bamboo Fiber* Citrus fiber Corn Hull Fiber Cottonseed Fiber* Oat Hull Fiber* Orange Fiber* Pea Fiber (hull and cotyledon*) Potato Fiber* Rice Bran Fiber Rice Hull Fiber* Soy Fiber* (cotyledon and hull) Sugar Beet Fiber* Sugar Cane Fiber* Wheat Fiber* Arabinoxylan Alginate* Inulin and inulin-type fructans High amylose starch (resistant starch 2) Galactooligosaccharide Polydextrose Resistant maltodextrin/dextrin (includes soluble corn fiber)</p>	<p>Carboxymethylcellulose Gum Acacia Karaya Gum Pullulan Resistant Wheat and Maize Starch (Resistant Starch 4)** Retrograded Corn Starch (Resistant Starch 3) Xanthan Gum Xylooligosaccharides</p>

*Included in J. Rettenmaier USA portfolio of dietary fibers

** FDA is in the process of finalizing a response to the Citizen Petition



Further explanation of MPCWFⁱⁱ:

Plant cell wall fibers are generally composed of fibers that include cellulose, pectin, β -glucan, and/or arabinoxylan and each of these fibers provides a beneficial physiological effect. The non-digestible carbohydrates from the plant cell wall fiber ingredients extracted from food are generally mixed and can contain variable amounts of vitamins, minerals, and macronutrients based on the methods that may be used for isolating and extracting the fiber. The interrelatedness of cellulose, pectin, β -glucan, and/or arabinoxylan within the plant cell wall and the scientific evidence for each supports the FDA decision to consider enforcement discretion for declaring these mixed plant cell wall fibers, as well as lignin, as dietary fiber if any of these plant cell wall fibers is present in a food. The physiological effects of these individual fibers can be extrapolated to these same fibers when found in combination as part of a mixed plant cell wall. These mixed plant cell wall fiber ingredients contain two or more plant cell wall fibers and the proportions can vary.

Conclusion

VITACEL® Apple Fiber, Bamboo Fiber, Oat Fiber (conventional and organic), Orange Fiber, Pea (cotyledon) Fiber, Potato Fiber, Rice Fiber, Organic Soy Fiber, Sugar Cane Fiber and Wheat Fiber; **Canadian Harvest®** Oat Fiber; **JustFiber®** Cottonseed Fiber and **VIDOFIBRES BF** Sugar Beet Fiber **are all plant cell wall fibers that are composed of two or more of the following individual fibers: cellulose, pectin, arabinoxylan and lignin.**

The inclusion of a broad range of dietary fibers ensures that consumers will continue to have access to existing fiber enriched products they have relied on for many years and will enable the development of additional fiber enriched products to help minimize the fiber deficiency that exists for more than 95% of consumers.

Commissioner Gottlieb announced that these final steps to enable manufacturers to comply with the new Nutrition Facts label is part of a multi-year [Nutrition Innovation Strategy](#) intended to drive actions that the FDA can take to reduce preventable death and disease related to poor nutrition.

“Consumers can be assured that non-digestible carbohydrates counted as fiber on the new Nutrition Facts label have health benefits grounded in scientific evidence. Eating foods rich in dietary fiber, as recommended by the Dietary Guidelines for Americans, can help cholesterol levels, increase feelings of fullness (satiety) resulting in reduced calorie intake, and increase the frequency of bowel movementsⁱⁱⁱ.”

ⁱ [The Declaration of Certain Isolated or Synthetic Non-Digestible Carbohydrates as Dietary Fiber on Nutrition and Supplement Facts Labels: Guidance for Industry](#)

ⁱⁱ [Review of the Scientific Evidence on the Physiological Effects of Certain Non-Digestible Carbohydrates June 2018](#)

ⁱⁱⁱ [Statement from FDA Commissioner Scott Gottlieb, MD](#)