

## **EFFECTIVENESS OF FORTIFICATION OF FOOD FIBERS**

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Dietary fiber which considered as an important and essential component of diet and fiber obtained from various sources has been successfully incorporated into food products with significant results. In recent years several types of breakfast cereals containing a high amount of bran have been developed and marketed as they help in weight control and play a key role in reducing a colon [1].

There are many sources of dietary fiber such as fruits, vegetables and less commonly used cereals such as barley, which are potential sources of dietary fiber supplements. Amongst different sources of fiber, cereal bran is the most important and cheap source of fiber. The outer bran layers of cereal grains are rich in dietary fiber and contain a high level of minerals. Wheat bran is about 14.5% of the kernel weight. It is rich in protein (~14%), carbohydrates (~27%), minerals (~5%), fat (~6%) and B-vitamins and an abundant source of dietary fiber. Rice bran is rich in nutrients with 14-16% protein, 12-23% fat, and 8-10% crude fiber. It is also a good source of B vitamins and contains minerals such as iron, potassium, calcium, chlorine, magnesium and manganese while corn bran contains 88.0% total dietary fiber with 67% of that total amount of hemicelluloses and 18% cellulose [2].

Bran supplementation significantly improves the dietary fiber, mineral and protein content of the products.

### **REFERENCES**

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