

AVAILABLE METHODS OF ANALYSIS FOR TOTAL DIETARY FIBRE

Available method of analysis	Limitation	Application
TOTAL DIETARY FIBRE		
AOAC method for dietary fibres (Prosky et al.) – an enzymatic-gravimetric method*	Time consuming	Applicable to all foods
NON-STARCH POLYSACCHARIDES (NSP)		
Enzymatic hydrolysis and removal of starch. Acid hydrolysis of NSP, GLC, HPLC separation of component monosaccharides. Colorimetric analysis of monosaccharide (Englyst et al.)	Moderate to high cost. Resistant starch must be treated before hydrolysis. GLC requires preparation of derivatives. Gives only total values. This method is not robust	Applicable to all foods
RESISTANT STARCH		
Enzymatic hydrolysis of starch before and after treatment with alkali or dimethyl sulphoxide	Choice of enzymes and conditions	Applicable to all foods

* = recommended method