

Different fibre fractions

Fibre	Lignin	Cellulose	Hemicellulose	Pectin	Non-pectin soluble	Resistant starch RS1 RS2 RS3 RS4	Non-specified
1. Fibre, total dietary (Prosky)	—————	—————	—————	—————	—————	—————	—————
Non-starch polysaccharides (NSP)		—————	—————	—————	—————		
Fibre; acid detergent method	—————	—————	———	———			
Fibre; neutral detergent method	—————	—————	—————	———			
Crude fibre method	—————	—————	———				

1. **Total dietary fibre by AOAC Prosky method**, which is the recommended method. It is a mixture of non-starch polysaccharides, lignin, resistant starch and resistant oligosaccharides. It is the most recommended one for food composition as it includes most fibre fractions in the most complete manner.
2. **Non-starch polysaccharide (NSP)**, also called **Englyst fibre**. This includes non-starch polysaccharides but excludes lignin, resistant starch and resistant oligosaccharides.
3. **Fibre, acid detergent method**, Clancy modification. This includes lignin, cellulose, some hemicellulose and some pectin.
4. **Fibre; determined by neutral detergent method**. This includes lignin, cellulose, and insoluble hemicellulose.
5. **Crude fibre**. Its use is discouraged for human nutrition because it captures only fractions of lignin, cellulose and hemicellulose. This is the least recommended one because its values are the lowest and it is not representing dietary fibre for humans but for ruminants.

Note: According to recent investigations, resistant starch is not fully captured in FIBTG and FIBTS.