

# Diet-Related Fibers & Human Health Outcomes Database

Developed by an expert team at Tufts University led by Dr. Nicola McKeown

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Containing **1,044** entries capturing new literature through May 2017

Helpful to anyone conducting an evidence review on fiber and the following health outcomes, providing data on population, intervention, comparator, and outcome (PICO)

1. Total and LDL cholesterol
2. Post-prandial glucose & insulin
3. Blood pressure
4. Increased fecal bulk and laxation
5. Transit time for food to move through digestive track
6. Colonic fermentation & short chain fatty acid production
7. Modulation of colonic microflora
8. Weight loss, weight maintenance, and reduction in adiposity
9. Increased satiety
10. Bone

Excel database and user manual are available by contacting Dr. McKeown ([nicola.mckeown@tufts.edu](mailto:nicola.mckeown@tufts.edu)); at the Agency for Healthcare Research and Quality, Systematic Review Data Repository (<http://srdr.ahrq.gov/projects/published>); and at the ILSI North America site (<http://ilsina.org/our-work/nutrition/carbohydrates/>).



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