

Michael Griffin

From: Fischer, Anne
Sent: 29 August 2014 09:50
To: SACN
Subject: For your consideration for the Carbohydrates and Health Report
Attachments: Statment _Insoluble wheat fibre and Oat fiber and Insulinsensitivity.pdf; Characteristics Table 1.pdf; Characteristics Table 2.pdf; Results Table 3.pdf; Weickert MO 2005_Diabetologia (2005) 48 2343–2353_Pfeiffer_e.pdf; Weickert MO 2006 _Diabetes Care 29775–780, 2006.pdf; Weickert MO 2011_Am J Clin Nutr. 2011 Aug,94(2),459-71_Pfeiffer_e.pdf

Dear Sir or Madam,

in the following I send you evidence for your consideration for the Carbohydrates and Health Report:

Insulin sensitivity and insoluble wheat and oat fiber

Summary:

Three randomized controlled trials presented evidence that insoluble oatfiber (Weickert MO et al. 2005, Weickert MO et al. 2006, Weickert MO et al. 2011) and one study, that insoluble wheat fiber (Weickert MO et al. 2005) improve insulin sensitivity.

Characteristics:

The characteristics of the RCTs are described in the attachments Table1 and Table 2

Results:

The results of the RCTs are described in the attachment Table 3.

In the first attachment I send you the Statement with some background information, then in the next two attachments the Tables with the characteristics of the RCTs, then the Results in the fourth attachment and at last I included the studies.

If there is further questions, comments or if you need more information please do not hesitate to contact me. Thank you in advance and I would look forward to your feedback!

Best regards,

Anne Fischer

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