

Fiber



Fiber is a non-absorbable part of food, usually of plant origin.

It is divided into **soluble**, fibre, which can be partially utilised by intestinal bacteria, and **non-soluble**, fibre, which passes through the digestive tract unchanged.

Chemically, they are mostly polysaccharides, such as cellulose, hemicelluloses, lignin, pectin, agar or inulin.

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