Footnotes for the Chart:
Soluble Fiber Foods

Chart available at:
www.gardeningplaces.com/articles/

[1] Li et al., Individual Sugars, Soluble, and Insoluble Dietary Fiber Contents of 70 High Consumption Foods; Journal of Food Composition and Analysis. Volume 15, Issue 6, December 2002, Pages 715–723, Table 1.


[13] Values for soluble and insoluble fiber based on 1:9 ratio and total fiber of 6% (per multiple sources).

[14] Leila Picolli da Silva and Maria de Lourdes Santorrio Ciocca, Total, insoluble and soluble dietary fiber values measured by enzymatic–gravimetric method in cereal grains; Journal of Food Composition and Analysis. Volume 18, Issue 1, February 2005, Pages 113–120. Note: values are dry matter average of several cultivars, adjusted by the author to a moisture content of 9%. http://www.sciencedirect.com/science/article/pii/S0889157503001807


http://books.google.com/books?id=_XEqlhqtqxEC
Note from the book: "Based on published values: Am. Assoc. of Cereal Chemists, 1987; Dreher, 1987; Anderson and Bridges, 1988; Cardozo and Eitenmiller, 1988; Del Toma et al., 1988; Mongeau et al., 1989; USDA, 1989; Toma and Curtis, 1989; Ranhotra et al., 1990; Prosky and Devries, 1992; and Marlett 1991."

[26] Takeshi Nagai and Toshio Nagashima, Functional Properties of Dioscorin, a Soluble Viscous Protein from Japanese Yam (Dioscorea opposita Thunb.) Tuber Mucilage Tororo; Z. Naturforsch. 61c, 792–798 (2006);
http://znaturforsch.com/ac/v61c/s61c0792.pdf