

Nutrition Benefits of Dietary Fiber

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Editorial

I am pleased to announce the Journal of clinical nutrition and dietetics, a rapid peer-reviewed journal, which offers researchers and scientists the opportunity to explore and publish the fundamental, advanced and recent scientific developments in the field of clinical nutrition and dietetics. The Journal of clinical nutrition and dietetics is highly useful to nutritionists, dietitians, medical students and a resource for clinical practice, as it clearly describes the essential scientific information on medical nutrition, nutritional assessment as well as metabolic study related to diseases. This journal also covers the entire study on micro and macro nutrients as well as applied research on nutrition and dietetics education. The Journals tend to prosper and publish the most complete Source of discovery and accurate details on the findings and in all areas of the field, recent advances in the mode of original papers, analysis, articles, case reports, short communications, etc. make them freely accessible online without any limitations or any other subscriptions to researchers worldwide.

The journal of Nutrition in Clinical Practice, Journal of Clinical Endocrinology & Metabolism, Journal of Child Neurology, Therapeutic Advances in Endocrinology and Metabolism, Journal of Animal Science, Obesity Surgery. As an original publication, review papers, case reports, brief correspondence, Solid weight the executives among teenagers is basic, especially as they set up freedom and settle on more decisions outside of the home condition, concerning diet and physical movement practices.

Authors can submit manuscripts and monitor their progress, hopefully for publication, through the online tracking system. As any report to be published publicly cumulatively covers 45 days

from the date of receive. The time period for different processes including quality control, peer review, and paper preparation is taken from 4 to 5 weeks. Performance reviews and peer review processes are completed within 14 days, and the deadline for submission is just 7 days after the reviewers and editors have accepted.

Clinical nutrition centers on the prevention, diagnosis, and management of nutritional changes in patients linked to chronic diseases and conditions primarily in health care.

Among the routes of administration, the preferred means of nutrition is, if possible, oral administration.

Dietary fiber is widely recognized as an important part of a healthy diet and is a common addition to Enteral Nutrition (EN) formulas. Fiber sources differ in characteristics such as solubility, fermentability, and viscosity, and it is now well known that different types of fiber exert varying physiological effects in the body. Clinical studies suggest fiber can exert a wide range of benefits in areas such as bowel function, gut health, immunity, blood glucose control, and serum lipid levels. Although early clinical nutrition products contained fiber from a single source, it is now thought that blends of fiber from multiple sources more closely resemble a regular diet and may provide a greater range of benefits for the patient. Current recommendations support the use of dietary fiber in clinical nutrition when no contraindications exist, but little information exists about which types and combinations of fibers provide the relevant benefit in certain patient populations. This article summarizes the different types of fiber commonly added to EN products and reviews the current literature on the use of fiber blends in clinical nutrition.