



DREAMFIELDS PASTA

INULIN FACT SHEET

Dreamfields & Inulin

One component of the fiber and protein blend added to Dreamfields to entrap and “protect” all but five grams carbohydrate from digestion is inulin. Inulin is a 100% natural prebiotic fiber found in common foods such as Jerusalem artichokes (sunchokes), agave, asparagus, garlic, onions, wheat, rye, barley, bananas, raisins and chicory root. Dreamfields pasta contain 2 grams of inulin per serving (2 oz. dry).

The Fiber Story

Inulin is a soluble fiber, like other fibers that dissolve easily in water. As part of a healthful overall eating plan, soluble fiber has been linked to reducing blood cholesterol and glucose levels. In addition to being a soluble fiber, inulin is also a fermentable fiber, being utilized selectively by the health-promoting Bifidobacteria bacteria we all have in our colon.

Prebiotics Defined

Prebiotics like inulin are food for the “good” bacteria (bifidobacteria and lactobacilli) that live in the colon, and may help improve digestive health. These bacteria grow and help our bodies stay healthy. The good bacteria that inulin helps to grow may:

- Promote healthy digestion^{1,2}
- Improve calcium absorption^{3,4,5}
- Help improve gut barrier integrity and function⁶
- Reduce production of cholesterol and triglycerides in the liver^{7,8}
- Help reduce inflammation, oxidative stress, toxemia and obesity-related metabolic disorders^{9,10}
- Help reduce appetite, increase insulin production and increase insulin sensitivity^{11,12,13,14}

Questions:

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