

Fibre



NUTRIENCE

No by-products. No fillers. No added glutens.
No bad anything.

Introduction

Fibre is a polysaccharide, along with other organic compounds and lignin. The type of bonds between sugar units is what makes plant fibre differ from starch. While this difference makes fibre indigestible by dogs and cats and less useful as an energy source, it still provides other benefits that are essential to your pet's health and dietary well-being such as helping digestion and regularity. Fibre is important to the diet of every species, however, anatomical differences demand specific and appropriate use.



In general, any and all fruit & vegetable pulps are an excellent source of fibre.

Fibre is most often categorized as soluble or insoluble. However, plant pulps provide both types of fibre and can be thought of as partially soluble.

Soluble fibre (pectin, gums, mucilage) has great water holding capacity and are almost completely digested by intestinal bacteria.

Insoluble fibre (cellulose, lignin most of the hemicelluloses, bran) holds less water and is less digestible by intestinal bacteria. This fibre type is also responsible for increasing the speed of passage of materials through the intestinal tract, a phenomenon known as 'decreasing intestinal transit time'. This same phenomenon increases fecal weight, water volume, frequency of defecation and gas production.

For anyone who has experienced constipation, the reality of the benefits of optimal and appropriate fibre types and amounts becomes much easier to accept.

Fibre has the single most important influence on your pet's intestinal health and performance.

In general, any and all vegetable pulps are excellent. Too much of either form of fibre is inadvisable and vegetable pulps provide an ideal compromise, providing the beneficial intestinal regulation of a low amount of insoluble fibre and the fermentability that provides the required short chain fatty acids utilised by intestinal cells.

Intake of Fibre

The exact type of pulp employed generally involves availability. Consequently, the most common sources for dry foods are beet pulp, rice bran and soy hulls. (A common misconception in the marketplace has beet pulp causing red coats. This is not the case and, in fact, beet pulp is grey in colour when used in pet foods). The bran's of various grains are also an excellent choice as a fibre source. Rice, oat and perhaps wheat bran are most commonly seen. The required levels of fibre will, of course, vary with age and specific bowel characteristics.