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Aluminium Binding Amount of Dietary Fiber Extracted from 14 Kinds of Food

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We studied the impact of heating on the aluminium ion ($\text{Al}(\text{NO}_3)_3$) binding amount of IDF (insoluble dietary fiber) and SDF (soluble dietary fiber) fractions extracted by the modified Prosky method from 14 kinds of food after different heat treatments. Al binding of unheated IDF was high in edible burdock, carrot, cabbage and hijiki. Heating marginally raised the Al binding amount of aloe and okra, but the other samples showed a tendency for the Al binding amount to fall when heated. Al binding of unheated SDF was extremely high in aloe, which has a high mucilage content, followed by okra and eggplant. Whereas non-mucilaginous foods had lower binding capacities when heated, the binding capacities of such viscous foods as aloe, okra, and moroheiya were increased by microwaving.

Keywords: [dietary fiber](#), [Al binding](#), [heating](#)

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