

Table S2. Daily fiber intake of participants during the DF interventions reported by studies included in the review.

Reference	Fiber content in the test product ^a	Total daily fiber intake (intervention arm) (g/day)	Fiber content in the control/placebo product	Total daily fiber intake (control/placebo arm) (g/day)
[28] Alfa	30 g MSPrebiotic® RS (70% RS2; from test product)	N.D.	N.D.	N.D.
[43] Ampatzoglou	N.D.	26 ± 1	N.D.	16 ± 1
[11] Boler	21 g PDX (from 3 snack bars g/day)	PDX: 14.8 (supplemental fiber is not included)	Control bar total fiber 0.9 %	14.8
	21 g SCF (from snack bars g/day)	SCF: 14.4 (supplemental fiber is not included)		
[31] Boll	8.9 g AXOS ww + 1.5 g Glucans ww + 6.6 g RS ww (from a 140.5 g portion sizes of the test products)	N.D.	<0.15 g Glucans ww + 1.2 g RS ww (from a 116.2 g portion sizes of the test products)	N.D.
	18.4 g AXOS ww + 3.1 g glucans ww + 1.0 g RS ww (from a 141.4 g portion sizes of the test products)			
	<0.15 g Glucans ww + 15 g RS ww (from a 137.9 g portion sizes of the test products)			
[9] Brandl	TRIAL 1 10 g extrinsic wheat fiber (from experimental solid foods)	TRIAL 1: 35.0 ± 6.0	TRIAL 1: N.D.	TRIAL 1: 22.0 ± 7.0
	TRIAL 2 10 g extrinsic wheat fiber (wheat plant fiber 3.75%, psyllium 3.75%, guar 3.75%, from powder dissolved in 300 mL water)	TRIAL 2: 35.0 ± 10.0	TRIAL 2: placebo powdered cellulose 3.75%; psyllium 3.75%; guar 3.75%	TRIAL 2: 25.0 ± 10.0
[47] Carvalho-Wells	14.2 g total fiber (from a 48 g/day serving of product)	N.D.	0.81 g total fiber (from a 48 g/day serving of product)	N.D.

[24] Chen	15 g arabinogalactan (from test product)	14.41 ± 6.10 (supplemental fiber is not included)	N.D.	15.01 ± 7.24
[15] Clarke	3×5 g/day β ₂ -1 fructan (50:50 mixture of IN and short-chain oligosaccharides; from a test product)	N.D.	N.D.	N.D.
[48] Connolly	~ 2.8 g fiber and 1.3 g -glucan (from a 45 g/day serving of product)	18.8 ± 0.9	~1.35 g fiber (from a 45 g/day serving of product)	18.2 ± 1.1
[16] Costabile 2010	10 g/day VLCI (inulin: 97.5 %; from a test product)	N.D.	N.D.	N.D.
[33] Costabile 2012	8 g/day PDX powder (from a test product)	N.D.	N.D.	N.D.
[41] Damen	4.0% AX dm + 2.14 g AXOS + 9.2 % total fiber (from 180 g/day serving of product)	N.D.	3.7% AX dm + 10.1 % total fiber (from 180 g/day serving of product)	N.D.
[17] Darzi	25.5 g/day L-Rha (from test products)	N.D.	N.D.	N.D.
	22.4 g/day IN (from test products)	N.D.		
[29] Deehan	65.0/58.2 dwb/as-is % total fiber (from test product of maize RS4)	N.D.	0.0	N.D.
	90.0/78.7 dwb/as-is % total fiber (from test product of potato RS4)			
	96.0/85.3 dwb/as-is % total fiber (from test product of tapioca RS4)			
[18] Deroover	50 % fiber (from WB fraction – unmodified WB) + 10 g ¹³ C-inulin + 10 g inulin- ¹⁴ C-carboxylic acid (from a standard breakfast) 50 % fiber (from 20 g wheat bran with a reduced particle size) + 10 g ¹³ C-inulin + 10 g inulin- ¹⁴ C-carboxylic acid (from a standard breakfast)	N.D.	10 g ¹³ C-inulin + 10 g inulin- ¹⁴ C-carboxylic acid (from a standard breakfast)	N.D.

	71 % fiber (from 20 g de-starched pericarp-enriched wheat bran) + 10 g ¹³ C-inulin + 10 g inulin- ¹⁴ C-carboxylic acid (from a standard breakfast)			
[49] Duysburgh	1.4 g β-glucans (from a 40 g/day serving of product)	N.D.	0 (from a 40 g/day serving of product)	N.D.
	5, 10 or 20 g/day 2'FL (from a test product)			
[39] Elison	5, 10 or 20 g/day LNNt (from a test product)	N.D.	N.D.	N.D.
	5, 10 or 20 g/day 2'FL+LNNt (2:1 mass ratio; from a test product)			
[19] Fernandes	24 g IN (from 300 ml drink)	N.D.	N.D.	N.D.
[12] Fernando	N.D. (expected to contain 3-5 g/day of oligosaccharides)	N.D.	N.D.	N.D.
	5 g/day of raffinose (from test products)			
		59.1 ± 5.6		
[40] Fechner	25 g/day lupin kernel fiber (from experimental foods)		N.D.	34.4 ± 5.8
	25 g/day citrus fiber (from experimental foods)	57.8 ± 5.6		
[25] Finegold	175 mg XOS (from 1.4 g/day capsule supplements) for 8 weeks	N.D.	N.D.	N.D.
	350 mg XOS (from 2.8 g/day capsule supplements)	N.D.		
[37] François	2.4 g AXOS (from 140 ml soft drinks with WBE at 3 g/day)	N.D.	N.D.	N.D.
	8 g AXOS (from 140 ml soft drinks with WBE at 10 g/day)	N.D.		
[20] Healey	16 g/day of powdered inulin-type fructan prebiotic (50:50 inulin to fructo-oligosaccharide mix)	28.2 ± 12.2	N.D.	28 ± 11.9
[21] Holscher	5.0 g agave IN (from 3 chews/day)	17.6 (without agave IN)	N.D.	18.2
	7.5 g agave IN (from 3 chews/day)	18.0 (without agave IN)		

[13] Hooda	21 g PDX (from 3 snack bars/day)	PDX: 14.8 (supplemental fiber is not included)	Control bar total fiber 0.90%	14.8
	21 g of SCF (from 3 snack bars/day)	SFC: 14.4 (supplemental fiber is not included)		
[34] Lamichhane	8 g/d PDX powder (from a test product)	N.D.	N.D.	N.D.
[22] Lecerf	5 g XOS (from 6.64 g/day of a XOS-enriched compound derived from wheat)	12.1 ± 0.6 (without XOS)	N.D.	N.D.
	3 g IN + 1 g XOS (from 6.64 g/day of a mixture containing inulin-type fructans, XOS and MD)	N.D. (INU-XOS group)		
[27] Lefranc-Millot	NUTRIOSE® (sugar-free, digestion-resistant dextrin) 10, 15 or 20 g/day	N.D.	N.D.	N.D.
[38] Müller	71% AXOS dm, 10–14% dm β-glucan (from a 5 g/day of AXOS powder)	18.3 ± 6.9	N.D.	18.3 ± 9.4
[50] Nilsson	20.2 g (9.5 RS + 10.7 DF; from 161.0 g/day serving of product)	N.D.	3.9 g (1.3 g RS + 2.6 g DF; from 116.7 g/day serving of product)	N.D.
	19.4 g (8.8 g RS + 10.6 g DF; from 190.2 g/day serving of product)			
	38.1 g (22.0 g RS + 16.1 g DF; from 213.0 g/day serving of product)			
	81.0 g (30.9 g RS + 50.1 g DF; from 388.2 g/day serving of product)			
	11.5 g (8.0 g RS + 3.5 g DF; from 130 g/day serving of product)			
	19.1 g (8.8 g RS + 10.3 g DF; from 181.8 g/day serving of product)			

	9.9 g (4.7 g RS + 5.2 g DF; from 80.5 g/day serving of product)			
[23] Petry	~20 g/day IN (from test products)	N.D.	N.D.	N.D.
	TRIAL 1: 9 ± 7 g (from 40 g/day serving of product)	N.D.	TRIAL 1: 0 ± 0 (from 37 g/day serving of product)	N.D.
[10] Reimer	TRIAL 2: 5 ± 3 g (from 25 g/day serving of product)	N.D.	TRIAL 2: 1 ± 0 (from 28 g/day serving of product)	N.D.
		Females: 30 ± 2		Females: 18 ± 1
[44] Ross	N.D.	Males: 34 ± 3.6	N.D.	Males: 20 ± 1.6
[14] Slavin	20 g chicory IN (from low-fat vanilla ice cream)	N.D.	N.D.	N.D.
[35] Sloan	14 g/day OF	19.7 ± 5.8 (supplemental fiber is not included)	N.D.	19.6 ± 7.6
	3.3 g β-glucan (oat BG)	23.2 ± 2.7		
[26] Trimigno	3.3 g β-glucan (barley BG)	28.7 ± 4.2	Non-fiber control	26.6 ± 2.8
	3.3 g β-glucan (barley mutant BG)	24.2 ± 2.4		
[45] Vanegas	N.D.	40 ± 5 during follow-up (week 3 to week 8)	N.D.	21 ± 3 during follow-up (week 3 to week 8)
	<u>WGR diet</u>		<u>RW diet</u>	
	12.4 g/100 g of DF of rye flakes		3.7 g/100 g DF of puffed wheat	
	10.6 g/100 g of DF of rye bun (light)	<u>WGR diet</u>	5.1 g/100 g DF of Sandwich bread	
	11.7 g/100 g of DF of rye bun (dark)	34.9 ± 11.9	4.0 g/100 gDF of rustic rolls	22.9 ± 9.2
	8.3 g/100 g of DF of rye WG pasta		3.0 g/100 g DF of refined pasta	
[46] Vuholm	12.5 g/100 g of DF of rye kernels	<u>WGW diet</u>	5.7 g/100 g DF of pearled spelt kernels	
	12.0 g/100 g of DF of WG crisp bread	31.1 ± 10.9		
	Amount of study products consumed (g/day): 217±20.2			
	<u>WGW diet</u>			
	9.5 g/100 g of DF of wheat flakes			
	8.0 g/100 g of DF of wheat bun (light)			

	10.1 g/100 g of DF of wheat bun (dark) 8.3 g/100 g of DF of wheat WG pasta 9.6 g/100 g of DF of WG wheat kernels 7.9 g/100 g of DF of WG crisp bread Amount of study products consumed (g/day): 239±21.2		4.8 g/100 g DF of crisp bread Amount of study products consumed (g/day): 221±22.9	
[42] Walton	2.0% AX dm + 2.2 g AXOS/day (from a 180 g/day serving of product)	18.9 ± 5.7	control AX content 0.6% dm placebo 0.9% dm 4.2% total AX	19.8 ± 7.9
[32] Wilms	15.0 g/day of pure GOS (from 21.6 g/day of Biotis™ GOS)	19.5 ± 6.6 (supplemental fiber not included)	N.D.	19.4 ± 7.2
[36] Windey	83.4 % of dm of AXOS (from 15 g/day and 30 g/day of test product 1) or 69 % of OF (from 15 g/day and 30 g/day of test product 2)	N.D.	N.D.	N.D.
[30] Zhang	40 g/day high-amylose RS2	54.99 ± 6.62	N.D.	10.04 ± 0.57

^a Interventions: as-is: adjusted for moisture content; AX: arabinoxylan; AXOS: arabinoxylan-oligosaccharides; BG: β-glucans; DF: dietary fiber; dm: dry matter; dwb: dry weight basis; IN: inulin; LNnT: lacto-N-neotetraose; L-Rha: L-rhamnose; N.D.: no data; OF: oligofructose; PDX: polydextrose; RS: resistant starch; RS2: resistant starch type 2; RS4: resistant starch type 4; RW: refined wheat; SCF: soluble corn fiber; VLCI: very-long-chain inulin; WB: wheat bran; WBE: wheat bran extract; WGR: wholegrain rye; WGW: wholegrain wheat; ww: wet weight; XOS: xylo-oligosaccharide; 2'FL: 2'-O-fucosyllactose