

Polydextrose

Where It Comes From

Polydextrose is a soluble (dissolves in liquid) fiber that is a polymer of many glucose units randomly bonded together.

How It's Made

Polydextrose has been available as a food ingredient since the 1960's. Heat is used to bind together many dextrose (glucose) units in a random fashion to make polydextrose.

What It Does

Polydextrose is a multi-purpose food ingredient used to replace sugar, fat and calories, and increase the fiber content of foods. It also functions as a stabilizer (which helps to preserve foods' structure), as a thickening agent in sauces and soups, and to help maintain the ideal moisture in foods.

How It Helps – Existing Evidence

1. Promotes digestive health and ease of bowel movements in healthy adults.
2. Helps maintain healthy blood glucose levels after meals when used as a sugar replacement in foods.
3. Polydextrose is a candidate prebiotic dietary fiber. Prebiotics trigger the growth and activity of good bacteria and demonstrated related health benefits.

How It Helps – Emerging Evidence

May help you feel full and/or reduce how much food you consume during your next meal.

How Is It Processed By The body?

Polydextrose is considered a reduced-calorie carbohydrate with an energy value of 1 calorie per gram. This is because polydextrose is not digested in the upper gastrointestinal tract, which consists of the esophagus, stomach and first part of the small intestine, but instead passes into the large intestine where it is partially converted to gas. Up to 90 g/day or 50 g as a single serving of polydextrose may be consumed before the mean laxative threshold is reached.

What Types Of Food Is This Fiber Typically Found In?

Polydextrose can be found in beverages, bakery items, no-added sugar and sugar-free breakfast cereals, frozen desserts, puddings, gelatins, dairy products, and salad dressings.