CLAIMS

1. A fiber blend comprising

at least 15 wt% of one or more pea fiber preparation or a glycan equivalent thereof; and

at least one additional fiber preparation chosen from

- at least 28 wt% of one or more high molecular weight inulin preparation or a glycan equivalent thereof,
- between 0 wt% and 10 wt%, inclusive, of one or more citrus pectin preparation or a glycan equivalent thereof,
- between 0 wt% and 25 wt%, inclusive, of one or more citrus fiber preparation or a glycan equivalent thereof, or
- between 0 wt% and 45 wt%, inclusive, of one or more barley fiber preparation or a glycan equivalent thereof.

2. The fiber blend of claim 1, which comprises at least 28 wt% of one or more pea fiber preparation, or a glycan equivalent thereof.

3. The fiber blend of claim 2, which comprises at least 30 wt% of one or more pea fiber preparation, or a glycan equivalent thereof; and there is at least 30 wt% of one or more high molecular weight inulin preparation, or a glycan equivalent thereof.

4. The fiber blend of any one of claims 1-3, which comprises less than 1 wt% of one or more citrus pectin preparation or a glycan equivalent thereof, or comprises no citrus pectin preparation or a glycan equivalent thereof.

5. The fiber blend of any one of claims 1-4, which comprises 15 wt% or less of one or more citrus fiber preparation or a glycan equivalent thereof, or 12 wt% or less of one or more citrus fiber preparation or a glycan equivalent thereof.

6. The fiber blend of any one of claims 1-5, which comprises is 25 wt% or less of one or more barley fiber preparation or glycan equivalent thereof, or 20 wt% or less of one or more barley fiber preparation, or glycan equivalent thereof.

7. The fiber blend of any one of claims 1 to 6, wherein

the pea fiber preparation has a composition substantially similar to the pea fiber preparation of Table A or Table G, and/or a monosaccharide content substantially similar to the pea fiber preparation of Table B or Table G, and optionally glycosyl linkages substantially similar to the pea fiber preparation of Table C1 or Table C2;

the high molecular weight inulin preparation has a composition substantially similar to the high molecular weight inulin preparation of Table A or Table G;

the barley fiber preparation has a composition substantially similar to the barley fiber preparation of Table A or Table G, and/or a monosaccharide content substantially similar to the barley fiber preparation of Table B or Table G, and optionally glycosyl linkages substantially similar to the barley fiber preparation of Table E;

the citrus fiber preparation has a composition substantially similar to the citrus fiber preparation of Table A or Table G, and/or a monosaccharide content substantially similar to the citrus fiber preparation of Table B or Table G, and optionally glycosyl linkages substantially similar to the citrus fiber preparation of Table F1 or Table F2.

8. The fiber blend of claim 1, which comprises

about 25 wt% to about 40 wt% of one or more pea fiber preparation or a glycan equivalent thereof, about 5 wt% to about 15 wt% of one or more citrus fiber preparation or a glycan equivalent thereof, about 30 wt% to about 40 wt% of a high molecular weight inulin preparation or glycan equivalent thereof, about 10 wt % to about 30 wt% of a barley fiber preparation or glycan equivalent thereof; or

about 30 wt% to about 40 wt% of one or more pea fiber preparation or a glycan equivalent thereof, about 10 wt% to about 20 wt% of one or more citrus fiber preparation or a glycan equivalent thereof, about 30 wt% to about 40 wt% of a high molecular weight inulin preparation or glycan equivalent thereof, about 15 wt % to about 25 wt% of a barley fiber preparation or glycan equivalent thereof; or

about 55 wt% to about 65 wt% of one or more pea fiber preparation or a glycan equivalent thereof and about 30 wt% to about 40 wt% of a high molecular weight inulin preparation or glycan equivalent thereof; or

about 60 wt% to about 70 wt% of one or more pea fiber preparation or a glycan equivalent thereof and about 30 wt% to about 40 wt% of a high molecular weight inulin preparation or glycan equivalent thereof; or

about 60 wt% to about 65 wt% of one or more pea fiber preparation or a glycan equivalent thereof and about 35 wt% to about 40 wt% of a high molecular weight inulin preparation or glycan equivalent thereof.

9. The fiber blend of claim 10, which comprises less than 1 wt% of one or more citrus pectin preparation, or a glycan equivalent thereof.

10. The fiber blend of any one of claims 1, 5, 8 or 9, wherein the citrus fiber preparation is an orange fiber preparation.

11. The fiber blend of any one of claims 8 to 10, wherein

the pea fiber preparation has a composition substantially similar to the pea fiber preparation of Table A or Table G, and/or a monosaccharide content substantially similar to the pea fiber preparation of Table B or Table G, and optionally glycosyl linkages substantially similar to the pea fiber preparation of Table C1 or Table C2;

the high molecular weight inulin preparation has a composition substantially similar to the high molecular weight inulin preparation of Table A or Table G;

the barley fiber preparation has a composition substantially similar to the barley fiber preparation of Table A or Table G, and/or a monosaccharide content substantially similar to the barley fiber preparation of Table B or Table G, and optionally glycosyl linkages substantially similar to the barley fiber preparation of Table E;

the citrus fiber preparation has a composition substantially similar to the citrus fiber preparation of Table A or Table G, and/or a monosaccharide content substantially similar to the citrus fiber preparation of Table B or Table G, and optionally glycosyl linkages substantially similar to the citrus fiber preparation of Table F1 or Table F2.

12. A food composition comprising a fiber blend of any one of claims 1 to 11.

13. A baked, pressed or extruded food composition comprising a fiber blend of any one claims 1 to 11.

14. The food composition of any one of claims 12 to 13, wherein the fiber blend is about 30 wt% to about 50 wt% of the food composition.

15. The food composition of any one of claims 12 to 14, wherein the fiber blend is in an amount that provides about 3 g to about 10 g of total dietary fiber.

16. The food composition of any one of claims 12 to 15, wherein the food composition further comprises flour(s), meal(s), oil(s), fat(s), inclusions, sweetener(s), starch(es), salt(s), emulsifier(s), leavening agent(s), preservative(s), a color additive, a flavor, a flavor enhancer, a stabilizer, a humectant, a firming agent, an enzyme, a probiotic, a spice, a binder, fruit, vegetables, grains, vitamins, minerals or combinations thereof.

17. A food composition of any one of claims 12 to 16, wherein administration of the food composition at least once daily for a minimum of five days to a subject increases the abundance of one or more member of at least one CAZyme family measured in a fecal sample obtained from the subject wherein the one or more member of at least one CAZyme family include α-L-arabinofuranosidase (GH43_33), β-galactosidase (GH147), N-acetylmuramidase (GH108), endo-1,2,-α-mannanase (GH99), and β-glucosidase (GH116).

18. A food composition of any one of claims 12 to 16, wherein administration of the food composition at least once daily for a minimum of five days to a subject changes the abundance of one or more proteins measured in a blood sample obtained from the subject toward a healthier state.

19. A food composition of claim 18, wherein administration of the food composition at least once daily for a minimum of five days to a subject decreases the abundance of one or more proteins selected from the group consisting of CCL3, CRP, SPP1, F2, F3, VEGFA, PDGFRB, EFNA5, EPHA1, EPHA2, and IL1R1, or administration of the food composition at least once daily for a minimum of five days to a subject decreases the abundance of one or more proteins selected from the group consisting of C3, C1R, C4A/C4B, SERPINE1, MASP1, and PDGFRA.

20. A food composition of claim 18, wherein administration of the food composition at least once daily for a minimum of five days to a subject decreases the abundance of AGRP, and/or decreases fasting blood glucose, fasting insulin, and HOMA-IR.