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(54) **Title:** DIETARY FIBER COMPOSITION COMPRISING GLUCOMANNAN, XANTHAN GUM, ALGINATE AND LIPID

(57) **Abstract:** One aspect of the invention provides dietary fiber compositions comprising a fiber blend comprising from about 48% to about 90% (w/w) glucomannan, from about 5% to about 20% (w/w) xanthan gum, and from about 5% to about 30% (w/w) alginate, and at least one lipid or blend thereof, wherein the lipid or blend thereof comprises at least 20% w/w of the total dietary fiber composition. The invention also provides food products comprising an effective amount of a dietary fiber composition. In other aspects, the invention provides methods for preparing a dietary fiber composition or a food product comprising a dietary fiber composition and methods for promoting satiety, promoting weight loss, lowering blood glucose, or lowering blood cholesterol levels in a mammal.

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