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## EFFECT OF FOUR LEVELS OF HARD WHEAT BRAN ON FECAL COMPOSITION AND TRANSIT TIME IN HEALTHY YOUNG WOMEN.

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Hard red wheat bran (HRWB) was fed to 36 healthy college women consuming meals in the college dining room. Dietary fiber (DF) from other food was 23+3 g/day. HRWB DF was: group A= 0, B= 5.7, C= 17.1, D= 28.5 g/day. Each treatment was consumed for 2 weeks and fecal collections were carried out during the last 5 days in an incomplete block design. Fecal wet weight (FWW), fecal dry weight (FDW), fecal ash (FA) and transit time (TT) were:

Treatment	FWW (g/day)	FDW (g/day)	FA (g/day)	TT (days)
A	73.2	19.9	2.6	3.4
B	94.6	25.1	3.3	2.3
C	141.8	34.8	5.0	2.4
D	212.0	48.6	6.9	1.9

Total fecal neutral steroid (FNS) excretion was unchanged, corresponding to a decreased % FNS in FWW. Differences were significant (p<0.01) except for TTs between B and C and for total FNS. 5.7 g/day HRWB cause some decrease in TT but TTs of 2 days or less require a FWW > 140 g/day. Good correlation of individual TT to FWW was possible only for FWW > 150 g/day. If a TT ≤ 2 days is desirable, a FWW 150-200 g/day seems necessary, suggesting an intake for women of ≈ 50 g/day DF of which ≈ 60% is bran fiber.

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