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Assessing beans as a source of intrinsic fiber on satiety in men and women with metabolic syndrome

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Abbreviations: added fiber (AF), whole black beans (BN), cholecystokinin (CCK), grape seed extract (GSE), no added fiber (NF), peptide tyrosine tyrosine (PYY₃₋₃₆), visual analogue scale (VAS)

Keywords: bean, fiber, metabolic syndrome, postprandial, pulse, satiety

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