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High amylose wheat: a platform for delivering human health benefits

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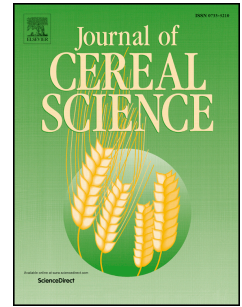
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High amylose wheat: a platform for delivering human health benefitsAnthony R. Bird¹ and Ahmed Regina^{2*}¹CSIRO Health and Biosecurity, Adelaide, SA, Australia²CSIRO Agriculture and Food, Canberra, ACT, Australia*Corresponding author, ahmed.regina@csiro.au**Highlights**

- Wheat is a major staple crop and a primary source of dietary fibre and other important nutrients for many people worldwide.
- Wheat-based foods are increasingly popular with consumers and continue to grow in demand globally
- Wheat provides a practical foundation for augmenting population nutrition by attenuating the fibre gap.
- Processed food products made from high amylose wheat are enriched in resistant starch and confer health benefits.

Key words

Wheat, amylose, total dietary fibre, resistant starch

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