

Supplementary Materials

Fiber-rich snacks improved constipation in Vietnamese elderly

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Supplementary Table 1. Ingredients of the two types of snacks

Menu	Ingredient	
	Control snack	Fiber-rich snack
Snack 1: Corn sweet soup	Corn: 12g Tapioca starch: 8g Palm sugar: 4g Coconut milk: 5mL Water: 100mL	Corn: 12g Tapioca starch: 4.2 Konjac powder: 3.8g Palm Sugar: 4g Coconut milk: 5mL Water: 100mL
Snack 2: Fruit Jelly	Fruit: 5g White sugar: 4g Gelatin powder: 4g	Fruit: 5g White sugar: 4g Agar powder: 4g
Snack 3: Green bean sweet soup	Green bean: 10g Tapioca starch: 8g Palm sugar: 4g Water: 100mL	Green bean: 10g Tapioca starch: 4.2 Konjac powder: 3.8g Water: 100mL
Snack 4: Dry young rice sweet soup	Dry young rice: 5g Pandan juice: 4mL Tapioca starch: 8g White sugar: 3g Coconut water: 30mL Coconut milk: 5mL Water: 70mL	Dry young rice: 5g Pandan juice: 4mL Tapioca starch: 4.2g Konjac powder: 3.8g White sugar: 3g Coconut water: 30mL Coconut milk: 5mL Water: 70mL
Snack 5: Passion Fruit Jelly	Passion: 1 fruit White sugar: 4g Gelatin powder: 4g Water: 100mL	Passion: 1 fruit White sugar: 4g Agar powder: 4g Water: 100mL
Snack 6: Panda leaves jelly	Pandan juice: 4mL White sugar: 4g Coconut milk: 7mL Gelatin powder: 4g Coconut water: 70mL	Pandan juice: 4mL White sugar: 4g Coconut milk: 7mL Agar powder: 4g Coconut water: 70mL
Snack 7: Banana cake	Banana: 30g Palm sugar: 4g wheat flour: 17g Tapioca starch: 8g Water: 20mL	Banana: 30g Palm sugar: 4g Wheat flour: 17g Tapioca starch: 4.2g Konjac powder: 3.8g Water: 20 mL
Snack 8: Cupcake	Egg: 25g Wheat flour: 14g Tapioca starch: 8g White sugar: 4g Baking powder: 0.5g Creamer powder: 1 g Water: 20 mL	Egg: 25g Wheat flour: 14g Tapioca starch: 4.2g Konjac powder: 3.8g White sugar: 4g Baking powder: 0.5g Creamer powder: 1 g Water: 20mL

Control snack (typical snack in Vietnam – contain tapioca starch/gelatin)							
							
Corn sweet soup	Fruit jelly	Green bean Sweet soup	Dry young rice sweet soup	Passion fruit Jelly	Pandan leaves jelly	Banana cake	Cupcake
Fiber-rich snack (contain 3g fiber form agar or konnyaku)							
							
Corn sweet soup	Fruit jelly	Green bean sweet soup	Dry young rice sweet soup	Passion fruit Jelly	Pandan leaves jelly	Banana cake	Cupcake

Supplementary Figure 1. Snack menu