

O-12

Determination of Dietary Fiber Content in Ginseng and Ginseng Extract

Kang-Ju Choi, Eun-Hee Kim, Sung-Ryong Ko and Cheon-Suk Kim

Korea Ginseng & Tobacco Research Institute, Taejon 305-345, Korea

The soluble, insoluble and total dietary fiber contents of ginseng were determined by AOAC method. The soluble dietary fiber(SDF), insoluble dietary fiber(IDF), total dietary fiber(TDF) and SDF/TDF ratios of red ginseng were 8.94%, 14.34%, 23.28% and 38.40% respectively. The TDF contents and SDF/TDF ratios of various parts in dried ginseng root were very different. Especially TDF and SDF/TDF ratios were 16.68% and 41.31% in central part (pith) and were 31.50% and 20.32% in tail root. The SDF contents of ginseng extracts were also different with ethyl alcohol concentration of extraction solvent. The SDF content of water extract was 12.32%, on the other hand the SDF content of 50% ethyl alcohol extract and 95% ethyl alcohol extract were 4.72% and 2.97%. The SDF content was higher in water extract, while lower in alcohol extract prepared with high concentration of ethyl alcohol.