



Available Carbohydrates Assay Kit (K-AVCHO)

A complete solution for nutritional labelling

The Megazyme Difference

The Available Carbohydrates Assay Kit ([K-AVCHO](#)) measures one of the key parameters required for a food's nutritional information.



Available carbohydrates is one of the key parameters required in nutritional tables. The UN's Food and Agriculture Organisation (FAO) defines **available carbohydrates** as *"that fraction of carbohydrate that can be digested by human enzymes, is absorbed and enters into intermediary metabolism."*

Available Carbohydrates	Total Dietary Fiber
Digestible Starch	Total Starch
Maltodextrins	Resistant Starch
Sucrose	NDOs
D-Fructose	'Classical' Fibers
D-Glucose	
D-Glucose component of Lactose	

In order to gain a complete picture of a foodstuff's carbohydrate content, laboratories typically measure and state the available carbohydrates alongside the total dietary fiber value for the sample. Total dietary fiber is the non-digestible component of the dietary carbohydrates. The K-AVCHO method is the ideal companion for Megazyme's groundbreaking RINTDF method for Total Dietary Fiber (AOAC 2017.16) as both use a **common, physiologically-relevant incubation step**.

Purchase online at www.megazyme.com



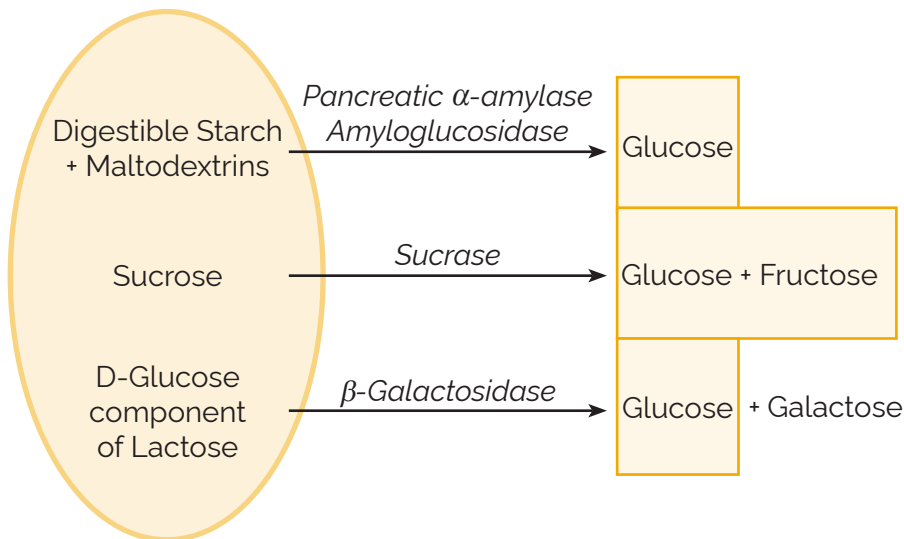
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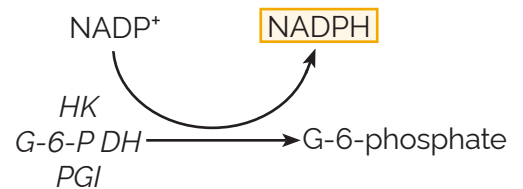
Assay Procedure

This kit measures available carbohydrates under simulated *in vivo* conditions in accordance with the Dietary Fiber methodology (K-RINTDF: AOAC Method 2017.16) and the physiologically-based definition of dietary fiber announced by Codex Alimentarius in 2009.

Enzyme hydrolysis



Detection



The sum of D-glucose and D-fructose (as detected by release of NADPH) is the **available carbohydrates**.

Measuring Available Carbohydrates alongside Total Dietary Fiber: before and after the Codex (2009) definition

In 2009, the UN and WHO's **Codex Alimentarius** published a revised definition of total dietary fiber (TDF) which necessitated the development of new analytical methodology. Megazyme offers two approaches to the measurement of available carbohydrates with dietary fiber, reflecting the pre- and post-2009 definitions of TDF.

- The **Available Carbohydrates Assay Kit (K-AVCHO)** is a perfect complement to the cutting-edge RINTDF method (AOAC 2017.16) available from Megazyme. The Rapid Integrated Total Dietary Fiber Assay Kit (**K-RINTDF**) uses an enzyme incubation step that is physiologically relevant (37°C, 4 h) and also found in K-AVCHO, making the kits ideal for simultaneous analysis.
- Laboratories that continue to work with pre-2009 definitions are supported by our **Available Carbohydrates/Dietary Fiber Assay Kit (K-ACHDF)**, which measures TDF using the Prosky/Lee methods (AOAC 985.29/991.43) in addition to measuring available carbohydrates.



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