

Carbohydrates

What are carbohydrates?

Sugar

Fibre

Starch

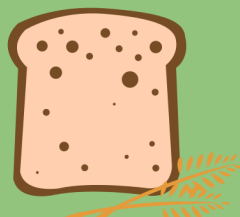
Impacts on Health



high fibre and low GI foods can reduce risk for heart disease, obesity and Type 2 Diabetes



other than fruits and milk, foods / beverages high in sugar should be limited



with Celiac disease, gluten-free foods are important for health



never will only ONE nutrient (like sugar) cause all health problems

Dietary Fibre

fruit vegetables legumes grains



could improve digestive health



influences production of healthy gut microbes



improves regularity



oats and barley may help control blood glucose

Recommend amount:

♀ 25g/day

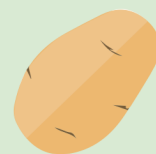
♂ 38 g/day

Glycemic Index (GI)

the number associated with a foods effect on a person's blood sugar



low GI is good for health



high GI foods can increase blood sugar



low GI foods recommended to help manage diabetes



use GI and current nutritional recommendations to choose healthy foods

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Based on 2014 CNS thematic meeting
www.cns-scn.ca