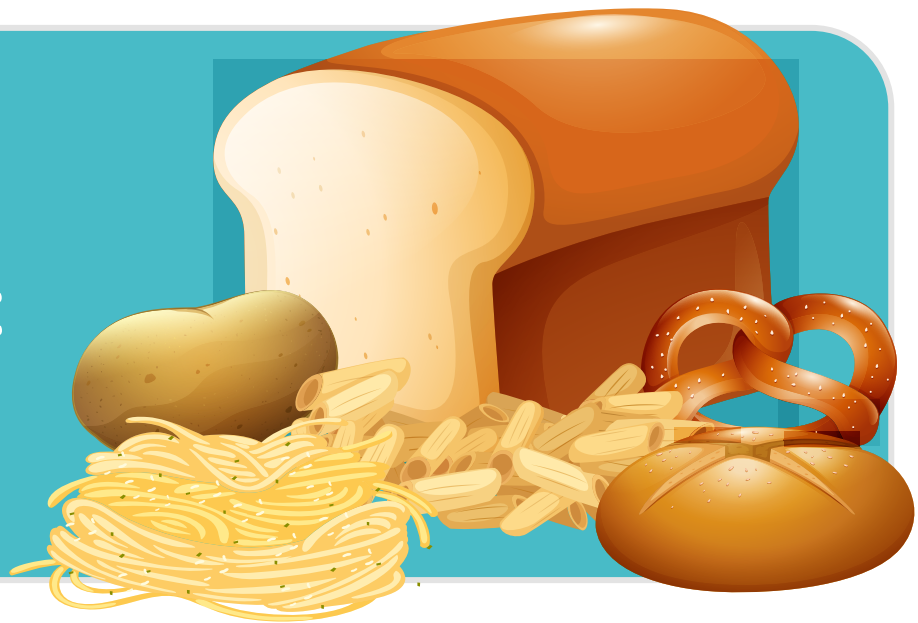


TYPE OF CARBOHYDRATE



SUGARS | MONOSACCHARIDES



GLUCOSE

The end product of the digestion of carbohydrates in the body. It is found naturally in small amounts in some foods and is used in clinical settings in the form of drinks, tablets, and powders.



FRUCTOS

Naturally present in fruits, some vegetables and honey. High fructose corn syrup (HFCS) is a source of added fructose, used as a sweetener in processed foods and soft drinks.



GALACTOSE

Present in mammalian milk as a component of lactose.

SUGARS | DISACCHARIDES



MALTOSE

Naturally present in cereals such as barley and formed during the digestion of starch. It can also be used in the form of malt syrup, added to some processed foods.



SUCROSE

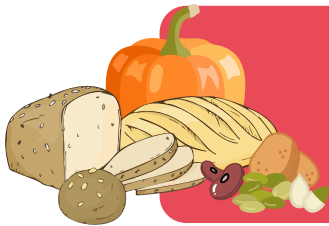
Extracted from sugar cane and sugar beet. It is used in cooking and in many processed foods and confectionery. It is commonly known as "sugar"
(e.g.: fine, granulated, brown, demerara, powdered and sugar syrup sugar).



LACTOSE

Present in mammalian milk and dairy products such as yogurt, evaporated milk, and cheese.

COMPLEXES | POLYSACCHARIDES



STARCH

Present in cereals (wheat, rice, oats, barley, maize) and cereal products (bread, pasta, breakfast cereals), as well as starchy vegetables (potatoes, yams, sweet potatoes, parsnips, pumpkin), pulses, seeds and quinoa.



DIETARY FIBER

SOLUBLE FIBER

It helps reduce cholesterol and blood glucose by slowing down the digestion and absorption of carbohydrates. It is found in oats, nuts, fruits such as apples, plums, apricots, pears and prunes, and in vegetables such as carrots, broccoli, potatoes, peas, beans and lentils.



INSOLUBLE FIBER

It absorbs water in the intestine, making stools soft and easy to evacuate.

It is found in whole grains, whole grain products, seeds, nuts and in the peels, stems and leaves of fruits and vegetables.



PECTIN

Present in some fruits (for example: oranges, apples, apricots, plums) and in some root vegetables, such as carrots.



DEXTRIN

Formed when starchy foods (e.g., bread, cakes, crackers/biscuits) are baked or toasted.

Industrially prepared dextrins can be used as thickening agents in sauces.

The chemical type of carbohydrate does not in itself determine its impact on health. This impact depends on the food matrix, the processing and the context of the meal.

