Evaluating carbohydrate quality – a new model

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Discriminating between carbohydrate-rich foods: a model based on nutrient density and glycaemic index

Bill Shrapnel, Manny Noakes

Nutrition & Dietetics 2012;69:152-8
Criteria:

- Nutrient density
- Glycaemic index

“... the glycaemic index of foods be used in conjunction with information about food composition to guide food choices”

WHO 2003
Carbohydrate quality quadrants

ILSI SEAR Asia (www.ilsi.org/SEA Region) and GLNC (www.glnc.org.au) - Carbohydrate intakes - high, low or irrelevant? Australia - March 2013
Milks and yoghurts

ILSI SEAR Aasia (www.ilsi.org/SEA Region) and GLNC (www.glnc.org.au) - Carbohydrate intakes - high, low or irrelevant? Australia - March 2013
Breads and breakfast cereals (fortified)

ILSI SEAR Aasia (www.ilsi.org/SEA Region) and GLNC (www.glnc.org.au) - Carbohydrate intakes - high, low or irrelevant? Australia - March 2013
Breakfast cereals (fortified)

ILSI SEAR Asia (www.ilsi.org/SEA Region) and GLNC (www.glnc.org.au) - Carbohydrate intakes - high, low or irrelevant? Australia - March 2013
Breakfast cereals with added sugar

ILSI SEAR Asia (www.ilsi.org/SEA Region) and GLNC (www.glnc.org.au) - Carbohydrate intakes - high, low or irrelevant? Australia - March 2013
Sugar and GI: breakfast cereals

n = 43
r = 0.06

Shrapnel B. Nutr Diet 2013 (epub)
Sugar and energy: breakfast cereals

Energy density (kJ)/100g

Sugar (g)/100g

n = 312
r = 0.05

Shrapnel B. Nutr Diet 2013 (epub)
Sugar content of breakfast cereals

Unrelated to:

- Nutrient density
- Energy density
- Glycaemic index
QUESTIONS?