

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:

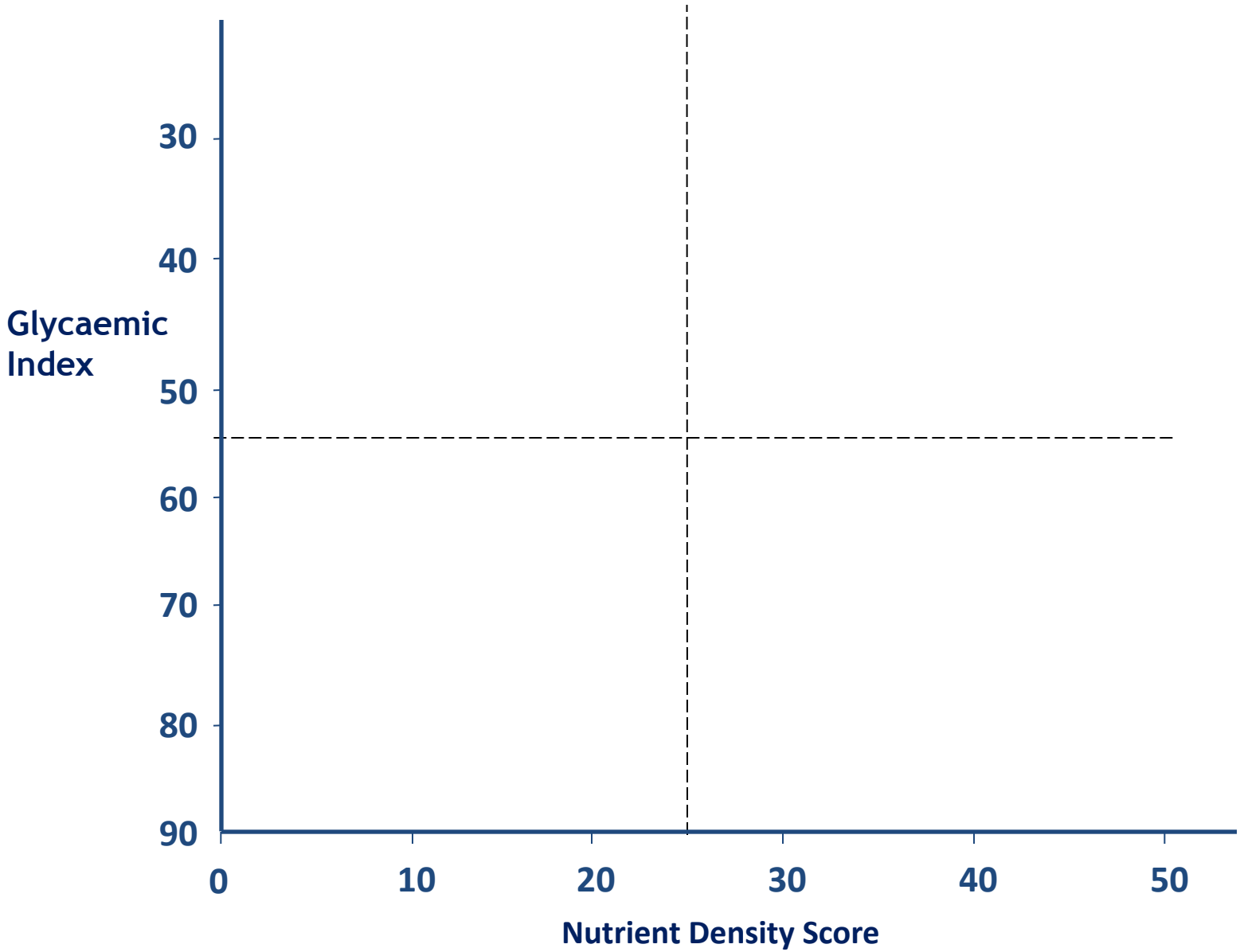
- **Nutrient density**
- **Glycaemic index**

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

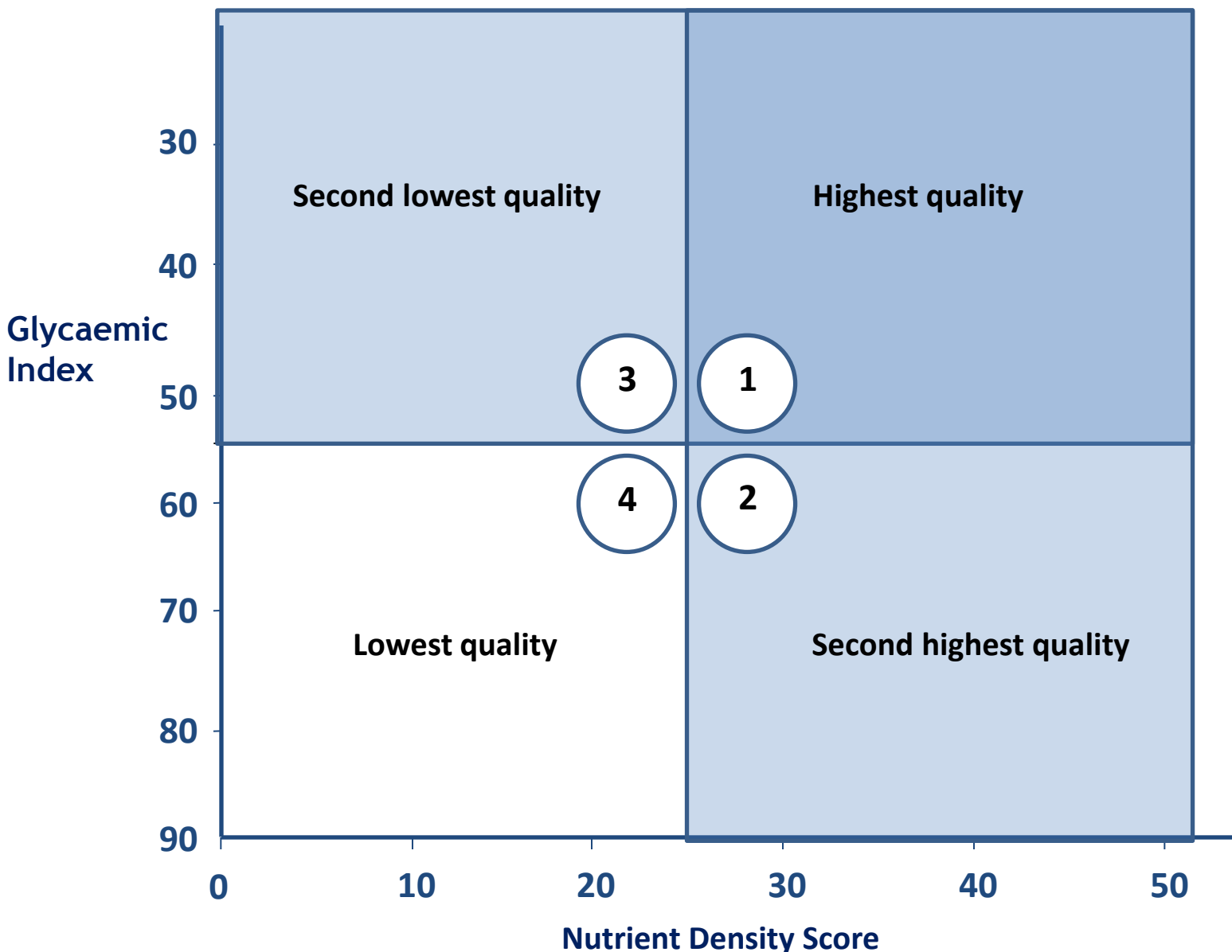
WHO 2003



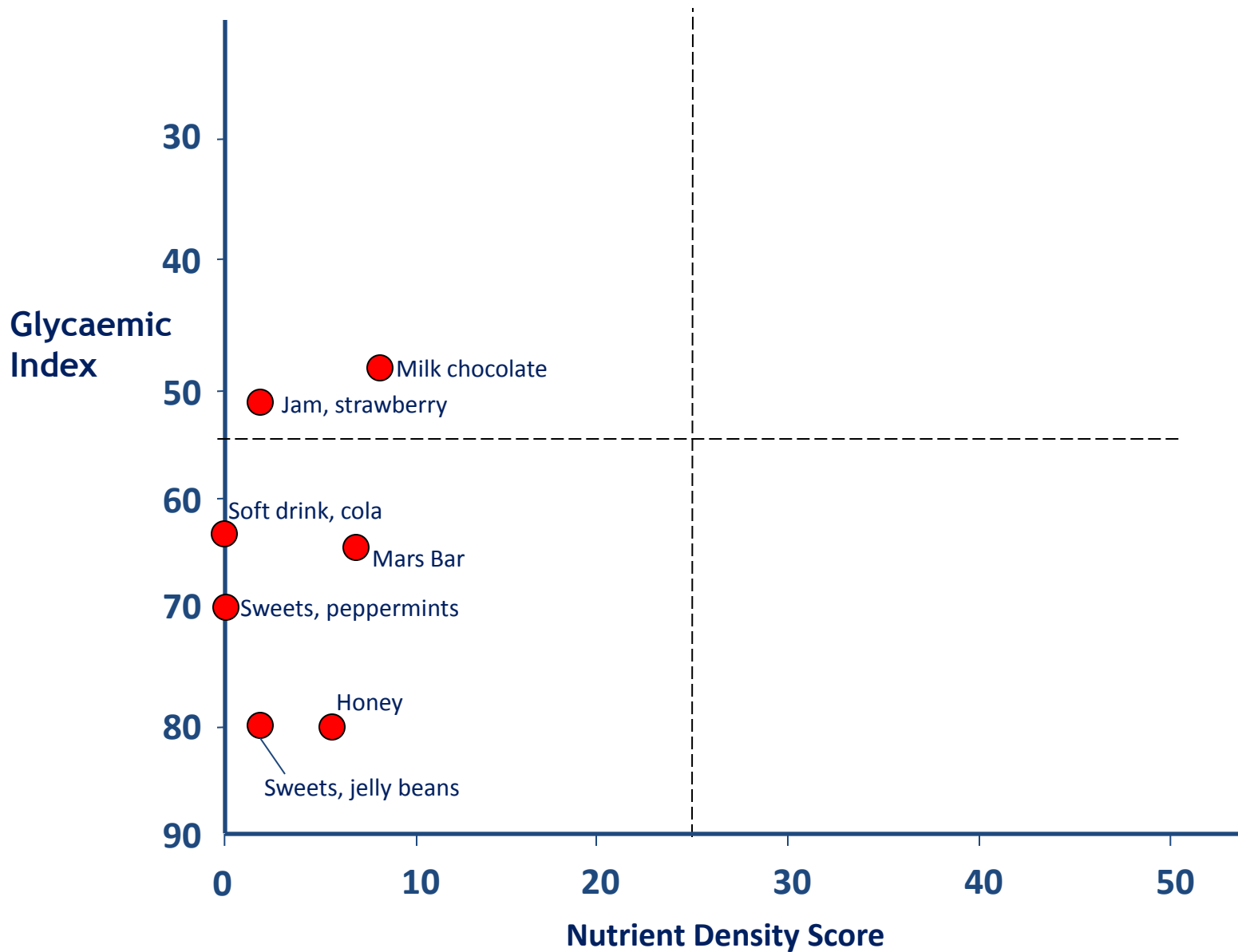
Carbohydrate quality quadrants



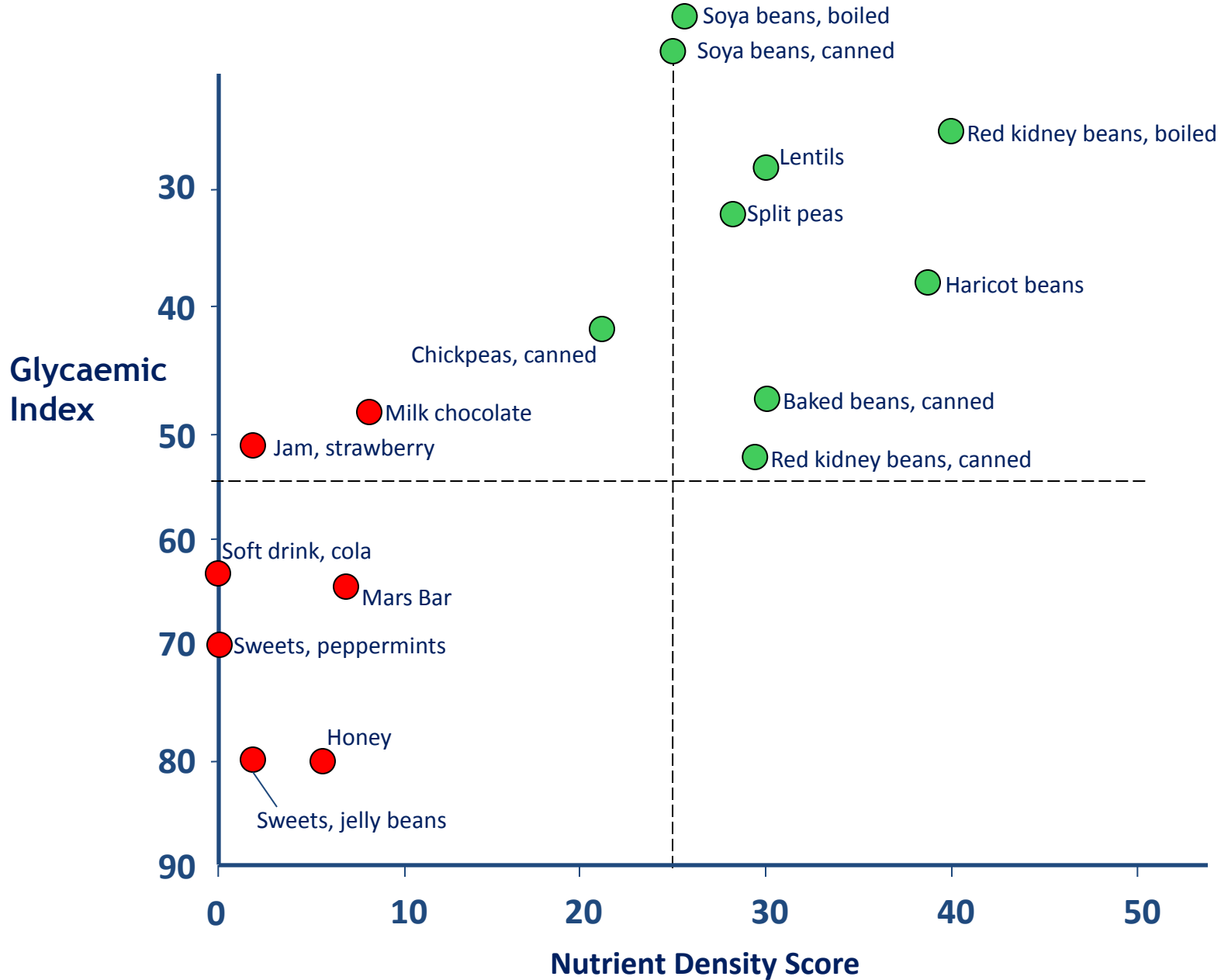
Carbohydrate quality quadrants



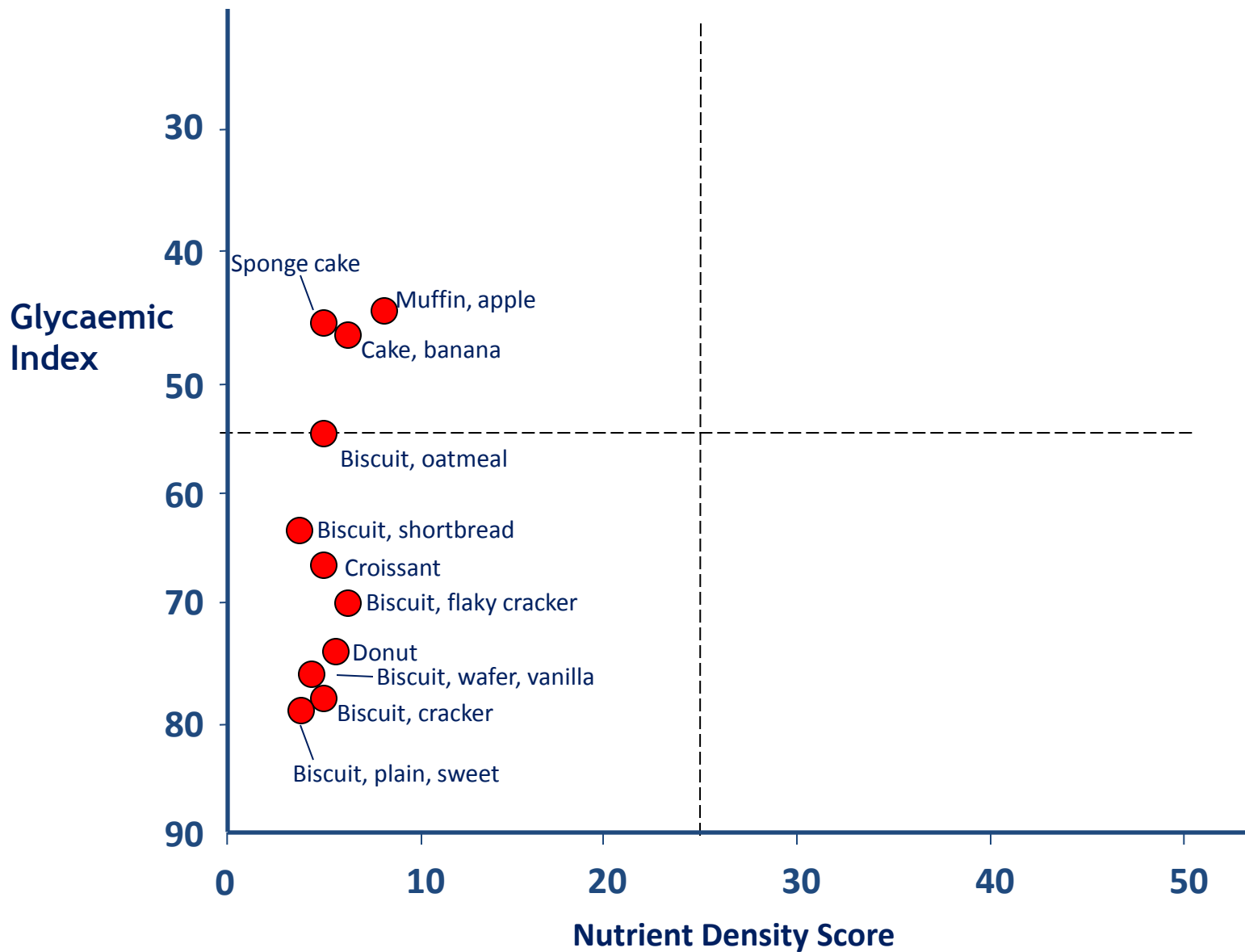
Soft drinks, confectionery and condiments



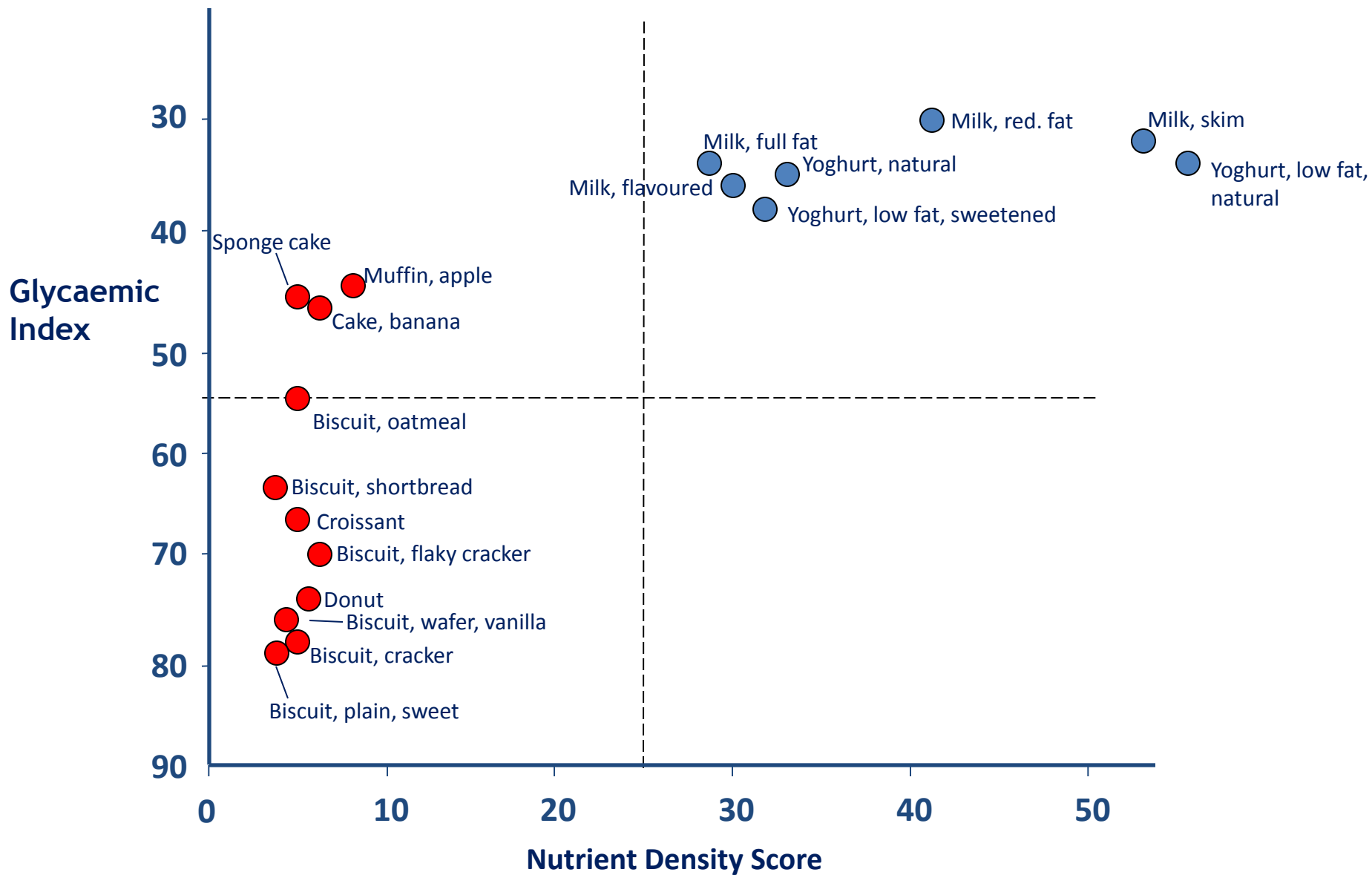
Soft drinks, etc + legumes



Biscuits, cakes, pastries



Biscuits, etc + milks and yoghurts



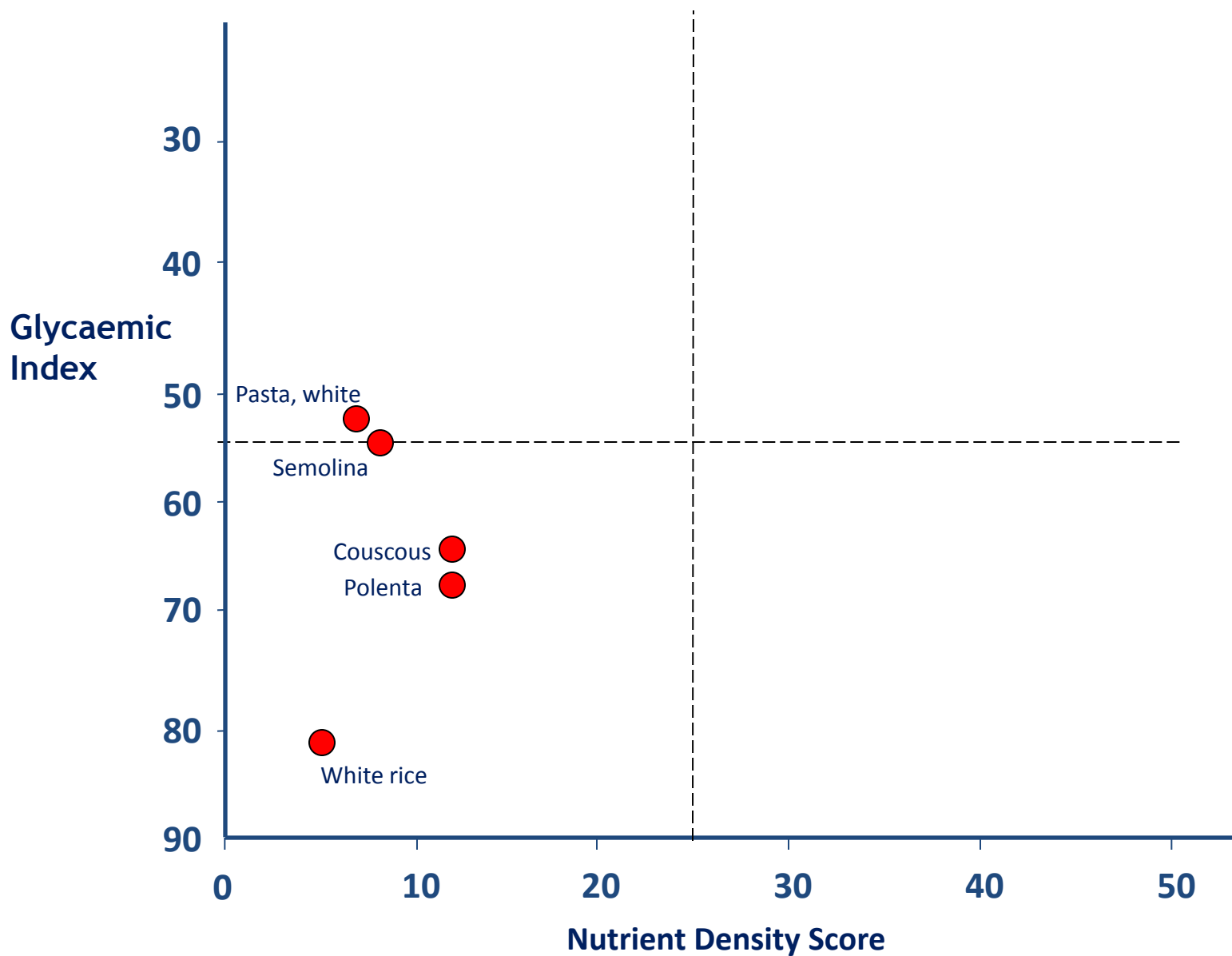
Milks and yoghurts



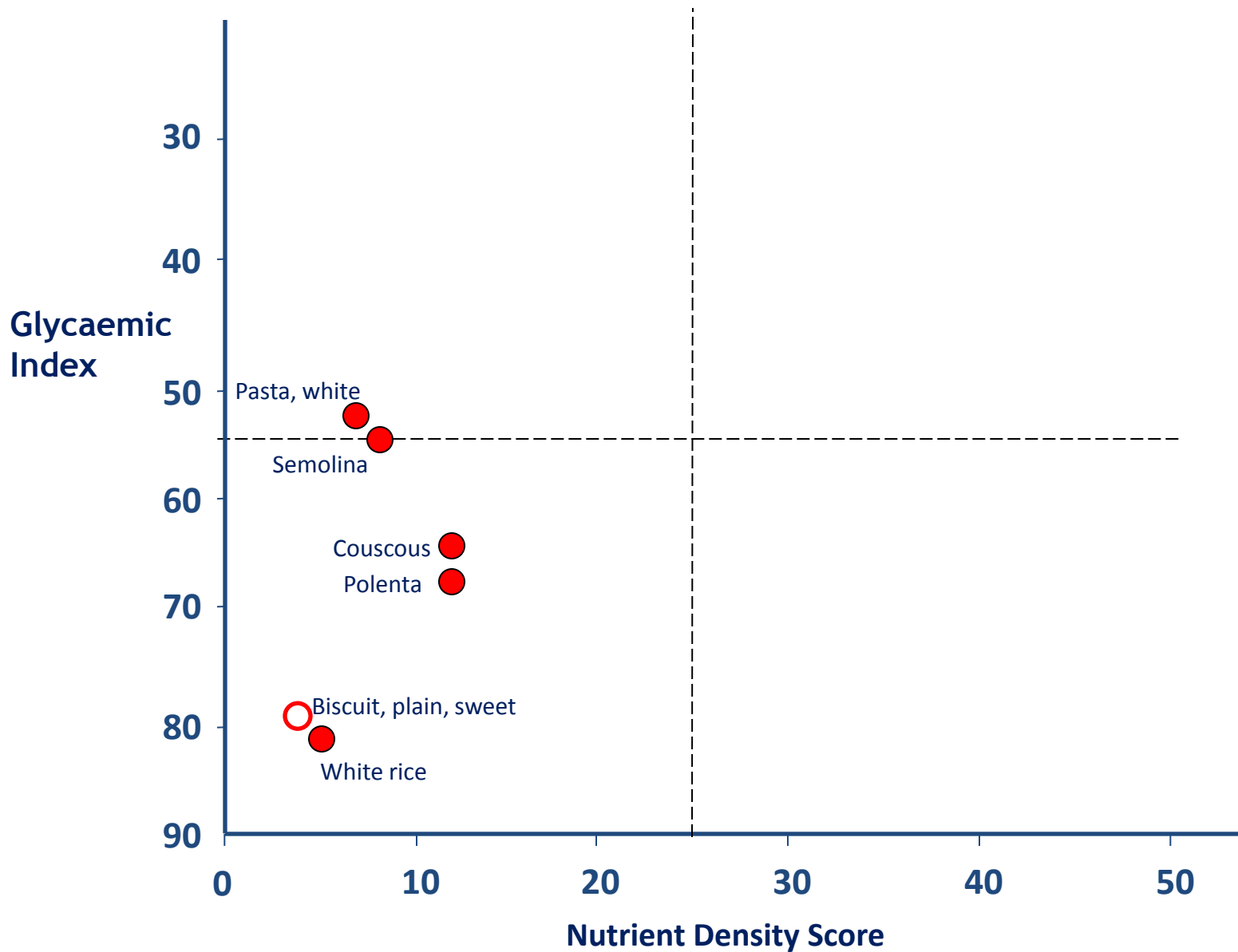
Milks and yoghurts



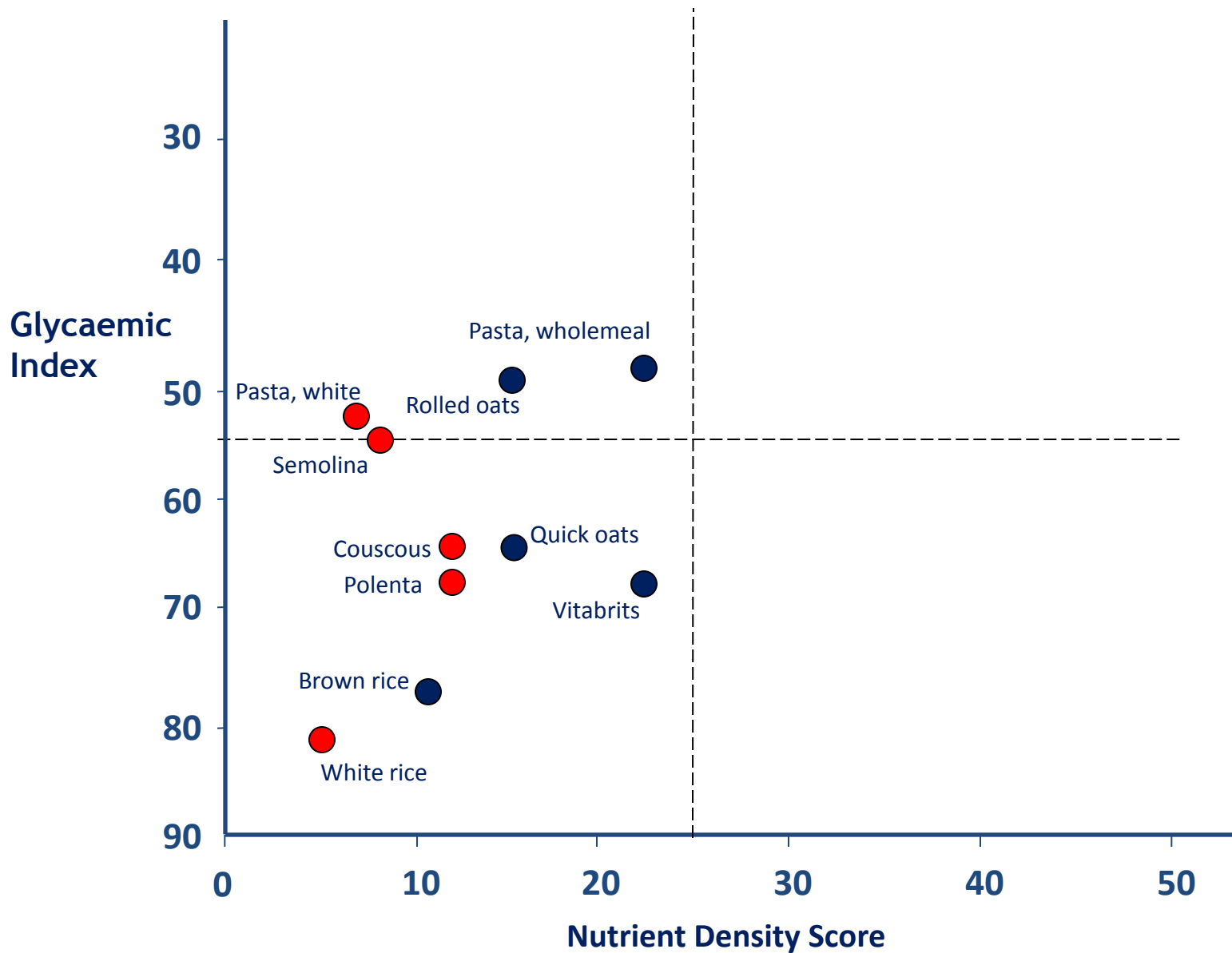
Refined cereal foods



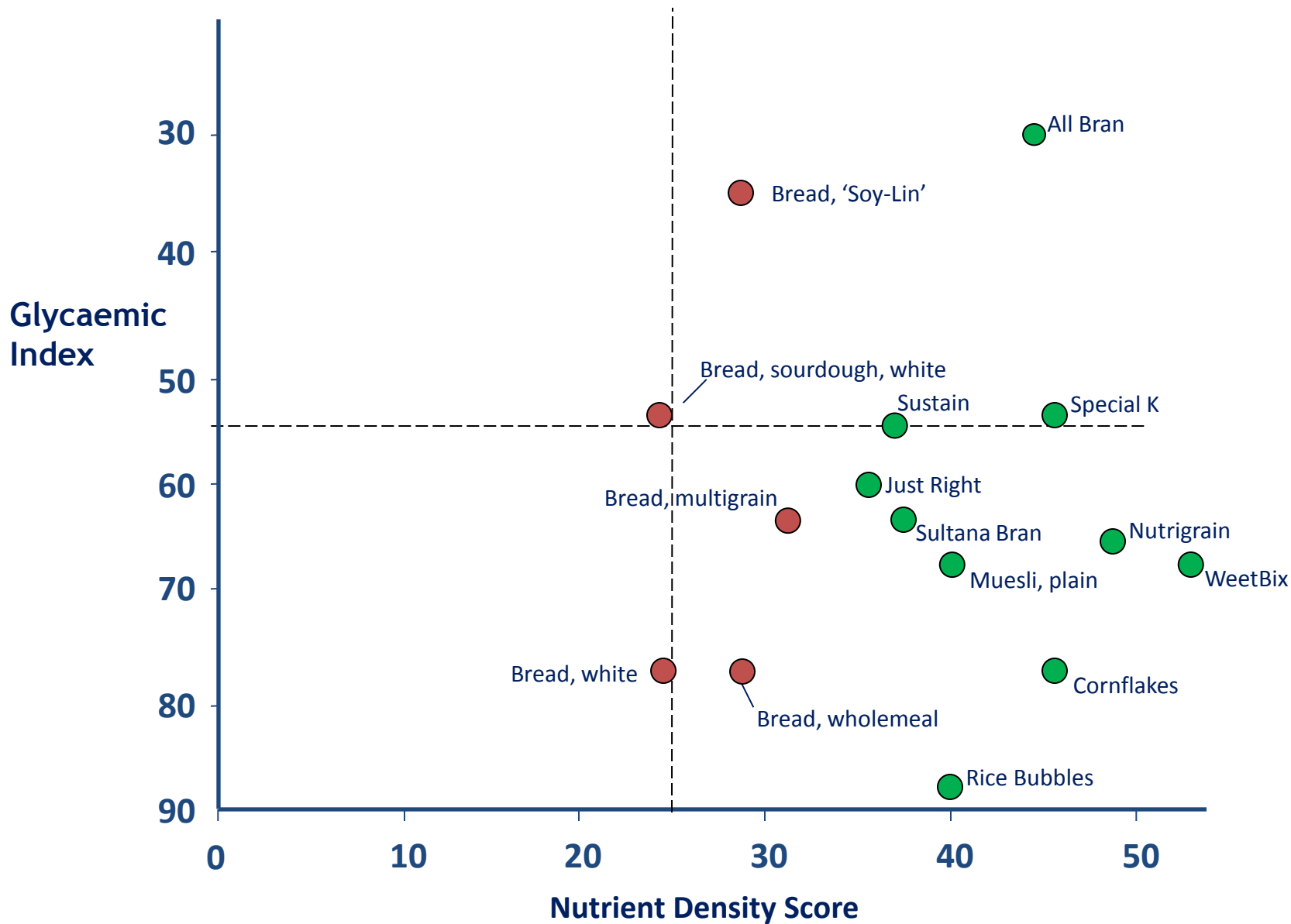
Refined cereal foods



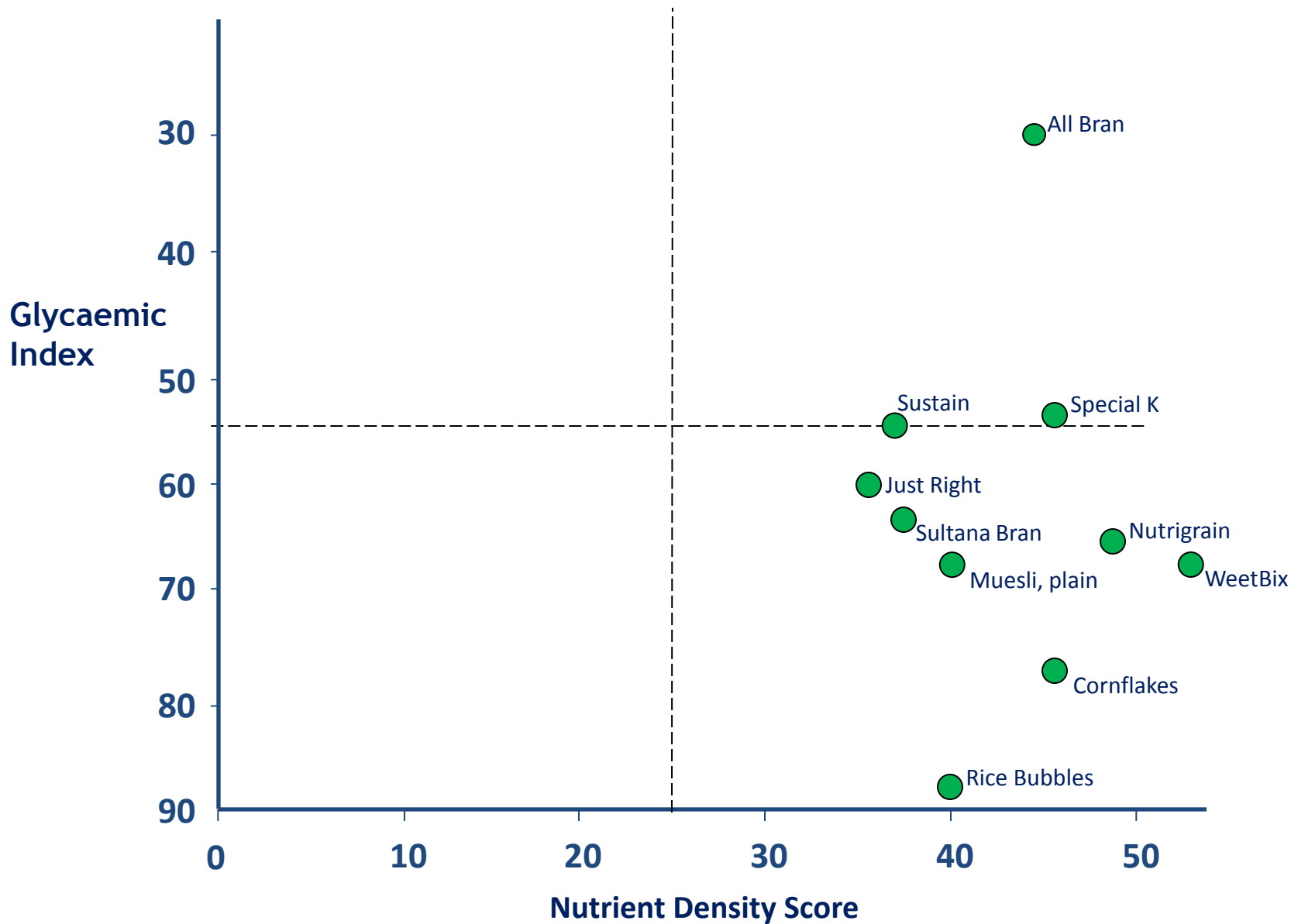
Refined and wholegrain cereal foods



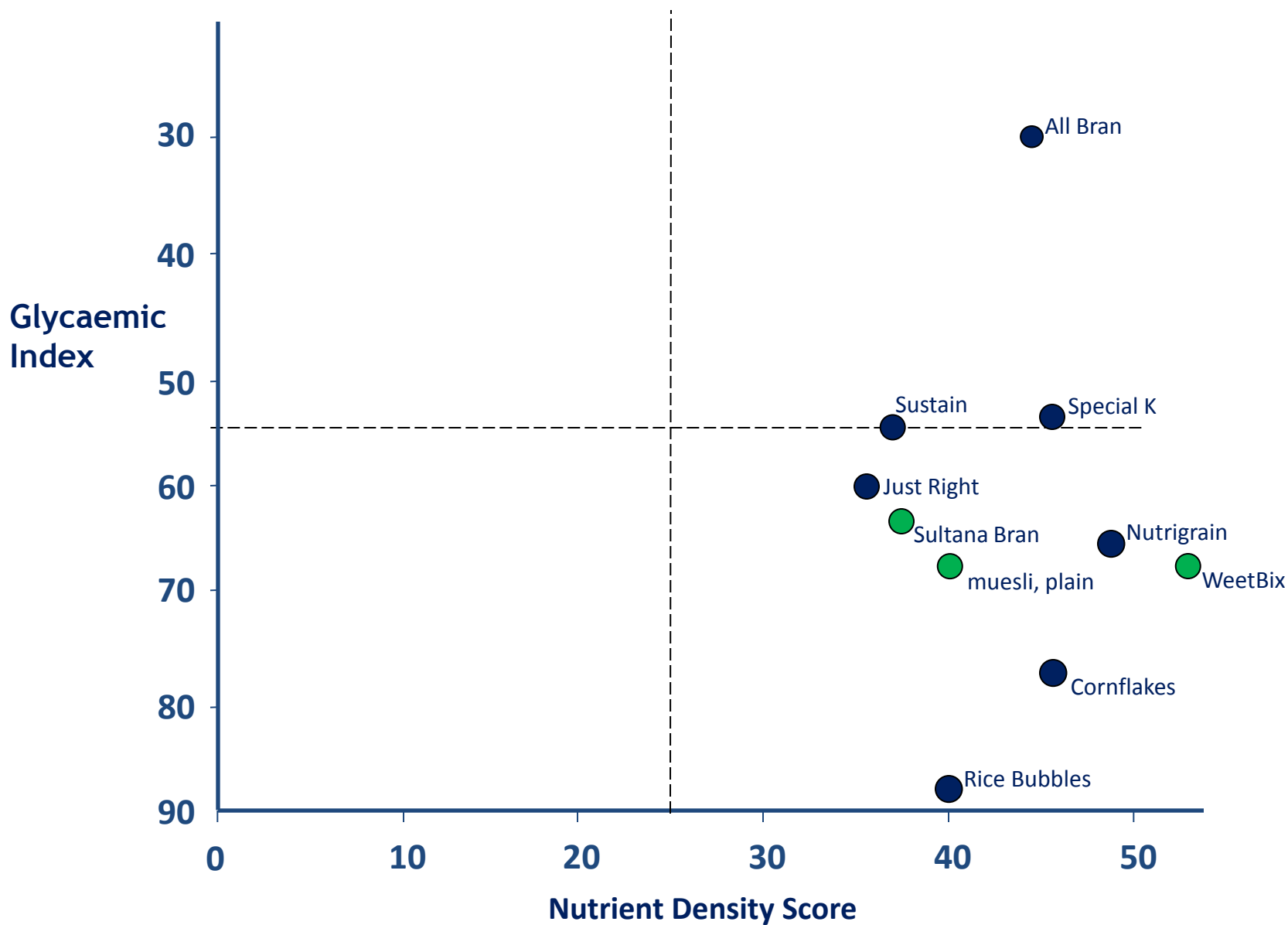
Breads and breakfast cereals (fortified)



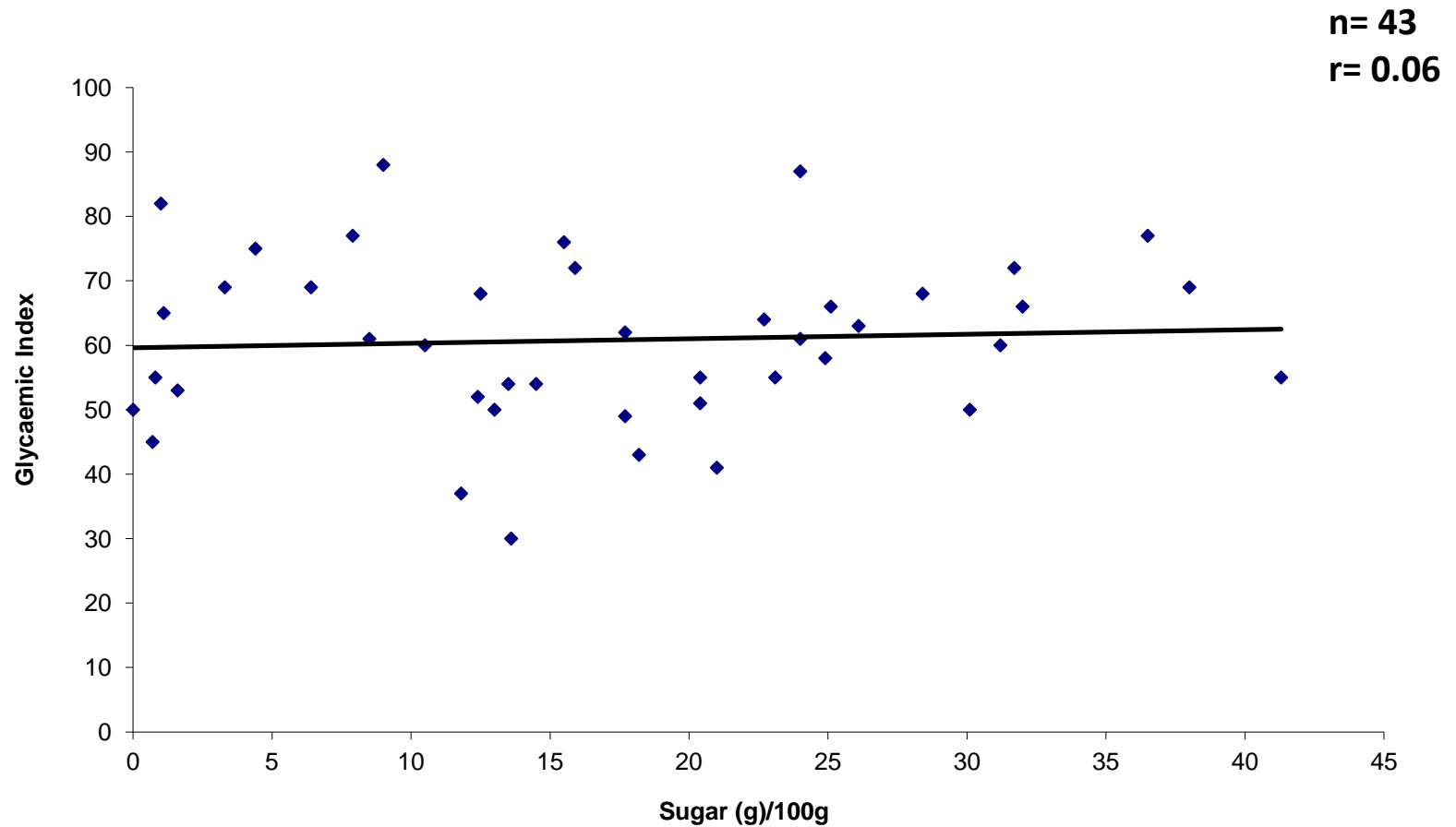
Breakfast cereals (fortified)



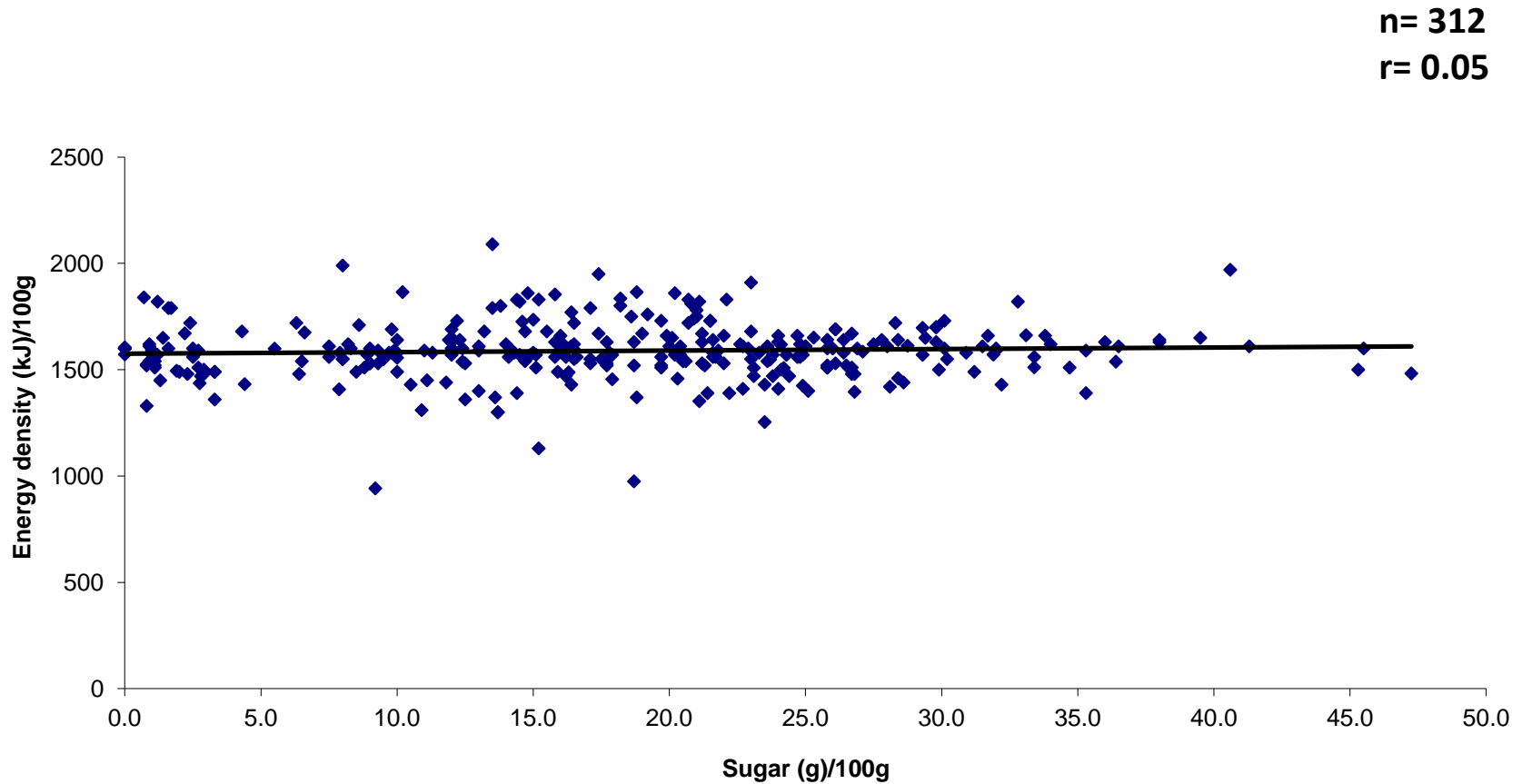
Breakfast cereals with added sugar



Sugar and GI: breakfast cereals



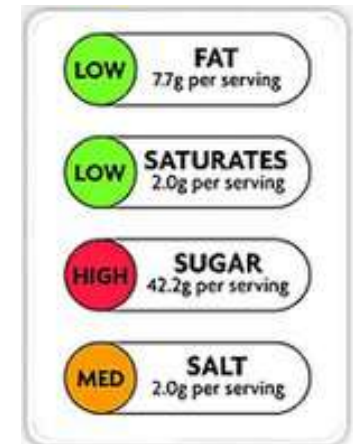
Sugar and energy: breakfast cereals



Sugar content of breakfast cereals

Unrelated to:

- Nutrient density
- Energy density
- Glycaemic index



QUESTIONS?

