

# HOW TO SELECT THE MOST APPROPRIATE CARBOHYDRATE CONTAINING FOODS

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**Based on the FAO/WHO Scientific update on  
carbohydrates in human nutrition**

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# NUTRIENT RECOMMENDATIONS FOR:

- **Adequate balanced diets**
- **Prevention of Non-Communicable Diseases (NCDs)**
- **Treatment of Cardiovascular Disease (CVD) and Diabetes Mellitus (DM)**

# CARBOHYDRATE (CHO) NUTRIENT RECOMMENDATIONS

- **1. Total CHO: 55-75% of total energy (TE)**
- **2. Total CHO for DM treatment: 45-60% of TE**
- **3. Total dietary fibre: > 25g/day (more?)**
- **4. Non-starch polysaccharides: > 20g/day (more?)**
- **5. Sugars (added, extrinsic): < 10% of TE**

# FOOD RECOMMENDATIONS: BEST CHO SOURCES

## 1. Whole grains and cereals:

unrefined, minimally processed wheat, maize, rice, sorghum, millet, rye, oats, etc. as breads, porridges, pasta, etc.;

## 2. Fresh/frozen vegetables and fruit:

(100% fruit juices and dried foods allowed but limited);

## 3. Legumes:

Dry beans, peas, lentils (and soy);

## 4. Foods and products to limit:

made from refined, processed grains with added sugars, syrups, honey, molasses, concentrated fruit juices, etc. such as cakes, cookies, biscuits, tarts, muffins, puddings, snacks, chips, some beverages, sweets, chocolates, some breakfast cereals.



# TOOLS TO EDUCATE POPULATIONS/GROUPS/INDIVIDUALS

## 1. FOOD-BASED DIETARY GUIDELINES:

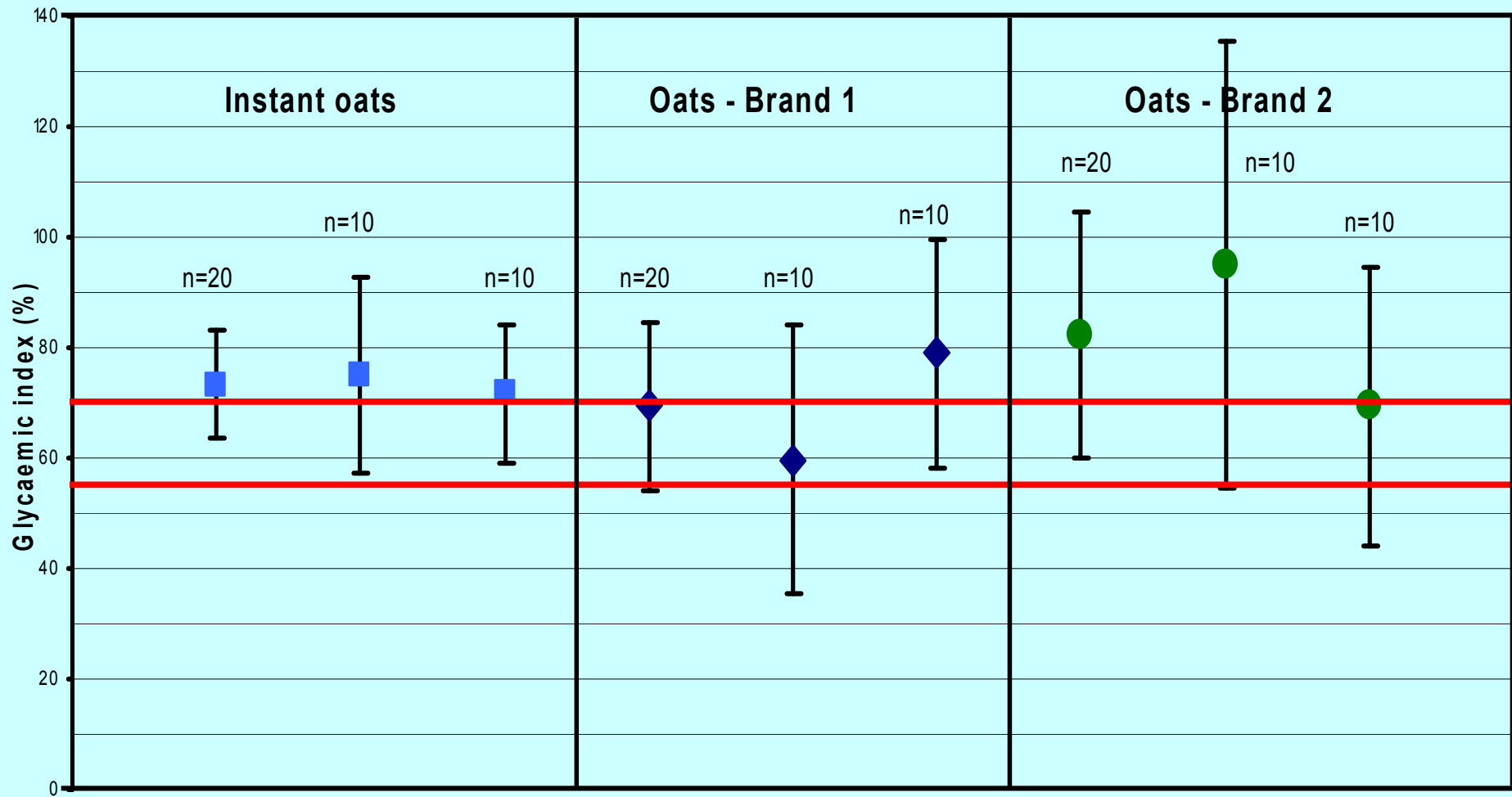
Quantitative and/or qualitative; striking memorable messages

## 2. FOOD GUIDES:

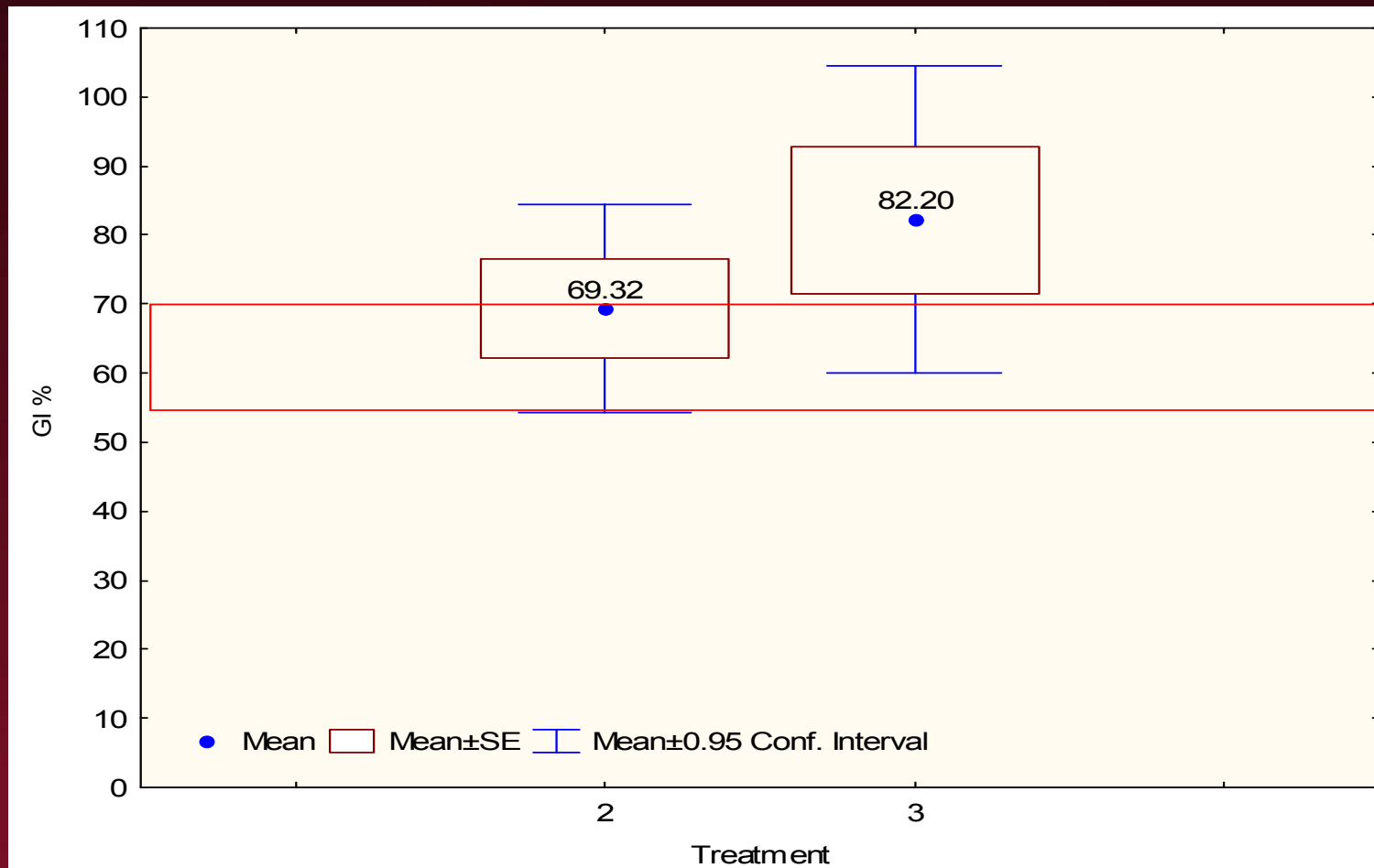
Appropriate to country/region, acceptable, known symbol, etc.

## 3. GLYCAEMIC INDEX (GI) OF A FOOD OR PRODUCT

Despite methodological problems, dietitians find it a useful tool; foods can be labeled low, medium or high GI and appropriate choices made



# GI categories



# GI Labeling

