



HEALTH EFFECT OF CARBOHYDRATES

PHAR-432

LECTURE: 8

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Outline

- Health benefits of Carbohydrates (fiber)
- Impact of consuming high amount of fiber
- Effect of high fructose corn syrup on health



Health benefits of fiber

- Fiber itself does not contribute to bone strength or calcium metabolism, but some fiber supplements do contain calcium as an ingredient which will help with good bone health. Examples are calcium polycarbophil in Fibercon.

Health benefits of fiber

- Fiber delay or reduce absorption of carbohydrate so, fibers tend to blunt the glycemic response, and can reduce glucose or insulin levels
- Dietary fiber enhances satiety and may prevent over eating. High-fiber diets tend to have more volume and less calories than other types of diets, so reducing the risk of diabetes and obesity.

Health benefits of fiber

- Fiber lowers the risk of developing many life threatening diseases and conditions, such as heart disease, certain forms of cancer, diabetes, stroke and obesity.
- Soluble fibers for instance, like those found in oat bran, oranges, apples, carrots and dried beans, entraps cholesterol components in the blood which can help lower cholesterol and prevent heart disease.

Health benefits of fiber

- **Bowel movement:** Insoluble fiber maintains bowel movements. They absorb water and softens the stool. Soft stool is easier to pass, thus preventing constipation. They also add bulk to the stools hence prevent the formation of loose stools.
- **Improved bowel health:** High fiber diet prevents the formation or worsening of hemorrhoids.

Health benefits of fiber

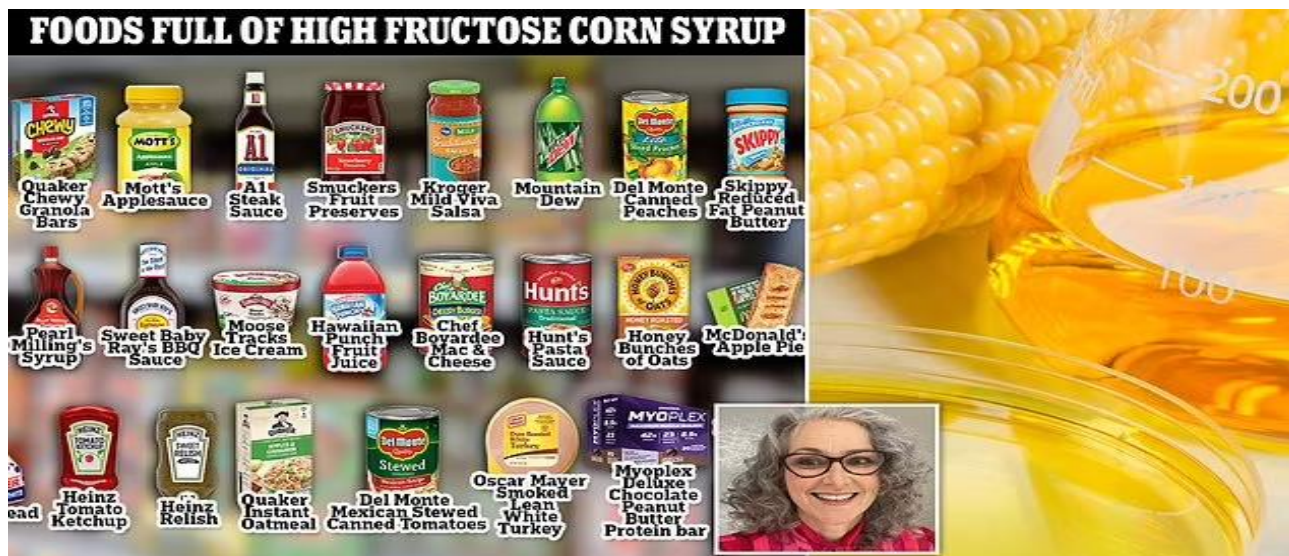
- High-fiber diets maintained for the long term reduce the incidence of colon cancer,
- Investigators have suggested that the bulk action of fiber speeds colonic transit and reduces the absorption of luminal chemicals or that fiber absorbs the carcinogenic agents



**IF FIBER IS BENEFICIAL FOR
HEALTH, IS IT
HARMFUL TO EAT TOO MUCH?**

How unhealthy is high fructose corn syrup?

- Added sugars and high fructose corn syrup are considered primary causes of the overweighting.
- Weight gain abetted by high-calorie foods containing HFCS can also contribute to heart disease, diabetes, fatty liver disease and dyslipidemia, an abnormal level of cholesterol and other fats in the blood.



References

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