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Agriculture and Food Systems

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Carbohydrates

Amelia B Finaret, Honorary Lecturer

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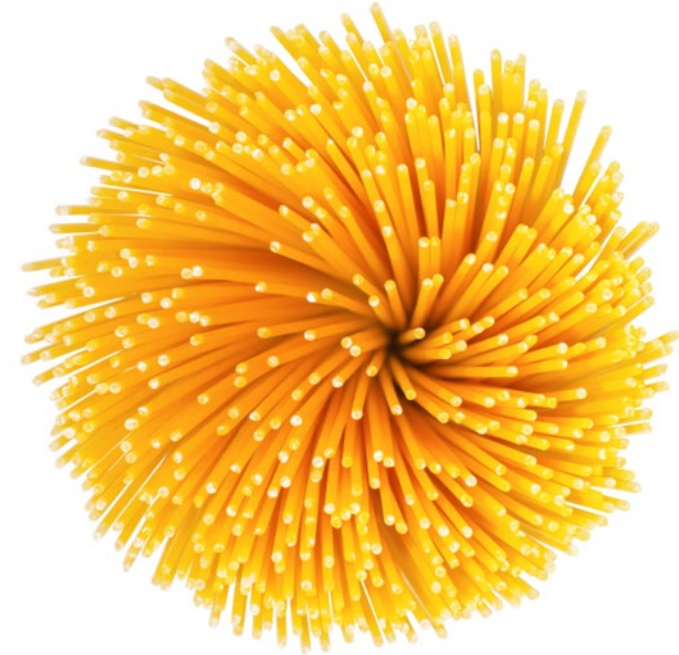
Myths

- Carbohydrates are bad for you
- Carbohydrates make you fat
- Carbohydrates make you hungry or tired



Carbohydrates supply energy

- Main source of energy
- Spares protein for energy



Carbohydrates are found in all kinds of foods

- Bread
- Pasta
- Potatoes, sweet potatoes, yams, cassava
- Starchy vegetables
 - Corn, squash, peas
- Fruit
- Milk and yogurt
- Sweets and desserts
- Legumes
- Mixed dishes
- Breading on meat and fish



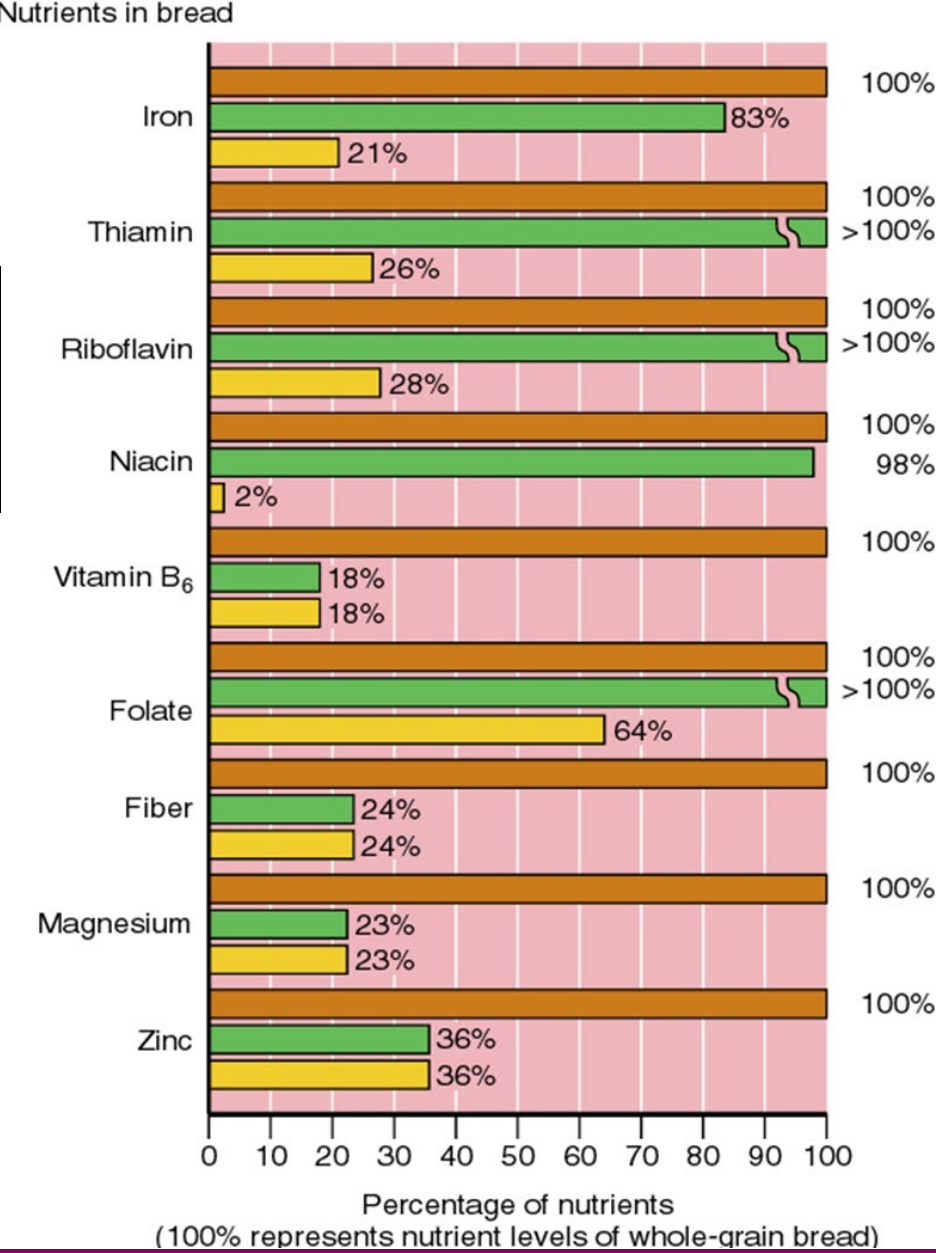
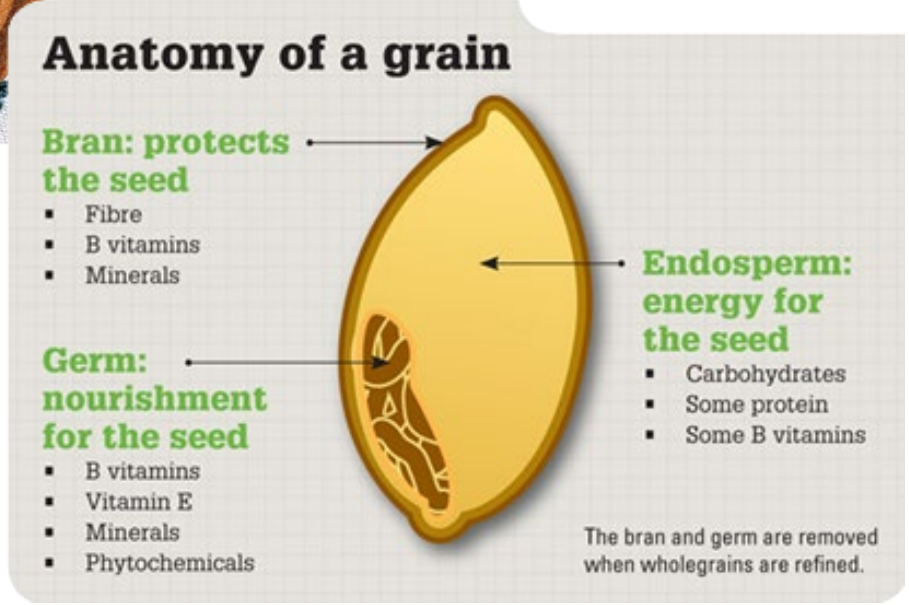
Effects of processing grains



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Key:

- = Whole-grain bread
- = Enriched white bread
- = Unenriched white bread

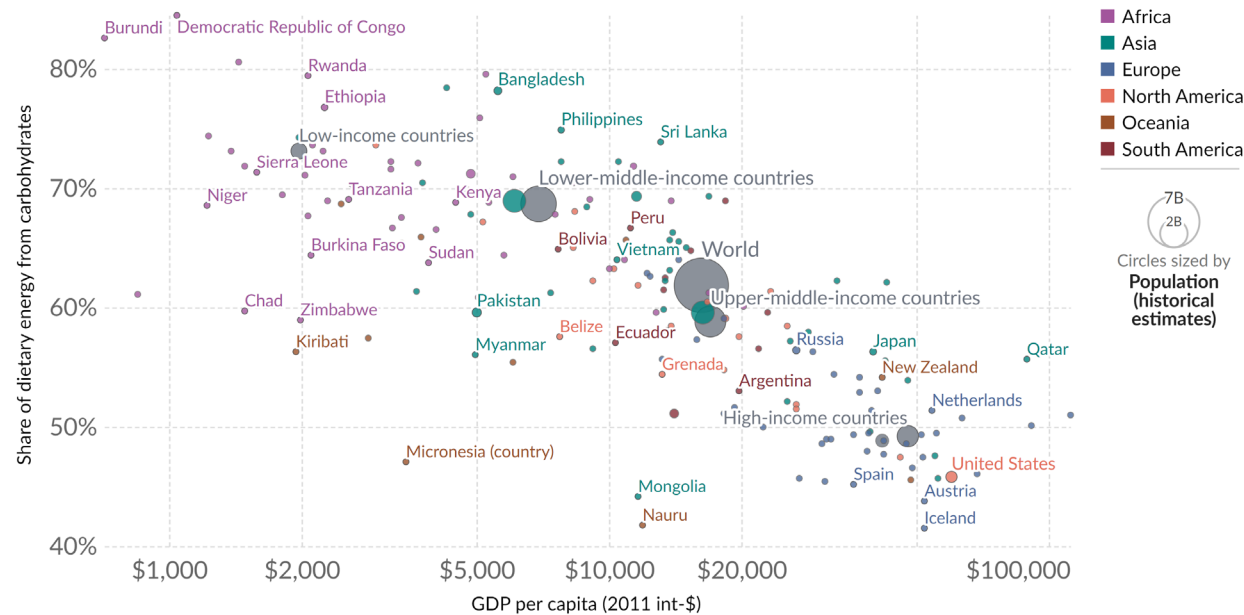


Carbohydrates as a share of calories vary by country level of income

Share of dietary energy supply from carbohydrates vs. GDP per capita, 2020



The share of per capita dietary energy derived from carbohydrates, measured as the daily caloric supply from carbohydrates as a percentage of total caloric supply, versus gross domestic product (GDP) per capita measured in constant international- $\$$.



Data source: OWID based on data from the Food and Agriculture Organization of the United Nations; Data compiled from multiple sources by World Bank

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Names of added sugars

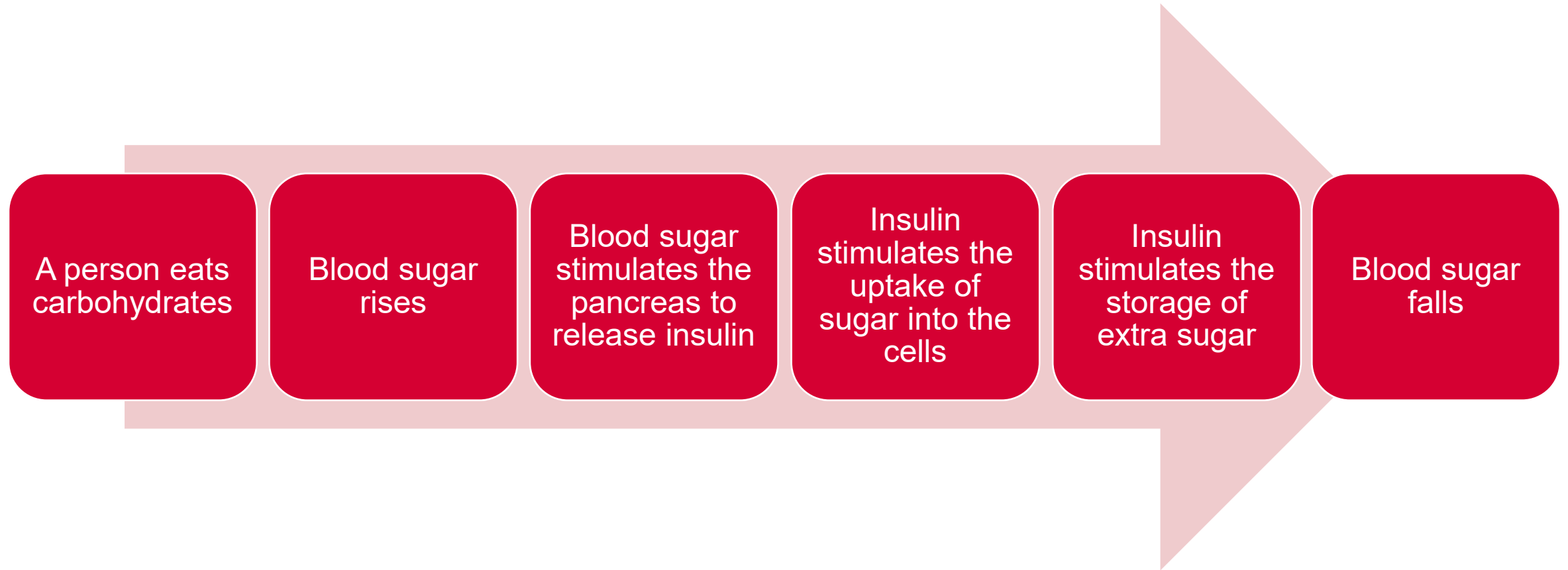
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Table 5-7 Names of Sugars Used in Foods

Sugar	Invert sugar	Honey	Maple syrup
Sucrose	Glucose	Corn syrup or sweeteners	Dextrin
Brown sugar	Sorbitol	High-fructose corn syrup	Dextrose
Confectioner's sugar (powdered sugar)	Levulose	Molasses	Fructose
Turbinado sugar	Polydextrose	Date sugar	Maltose
	Lactose		Caramel
	Mannitol		Fruit sugar



How does carbohydrate intake affect blood sugar?



Data resources

- [FAO Food Balance Sheets](#)
 - includes share of energy from carbs
- [CDC Carb Choices](#)
- [Carbohydrate reference tables](#)



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Thank you

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