

Carbohydrate-Based Food Ingredients: Use, Energy Value, And Analysis

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Carbohydrate ingredients are ubiquitous in our food supply. They exert profound physical and functional effects on the foods in which they are used because of vast ranges in their size and structure. With recent recommendations from the National Academy of Sciences and others that Americans reduce fat and increase complex carbohydrates in their diets, carbohydrate ingredients have found new uses as fat replacers and bulking agents. Carbohydrate fat replacers and bulking agents exhibit wide differences in digestibility, absorption, metabolism and fermentation. This paper explored some of the unique challenges carbohydrate food ingredients pose to those who would measure their energy