

# Glycaemic index to slow carbs...

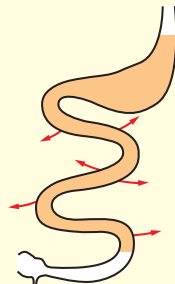
## What are slow carbs ?

“Slow Carbs” are carbohydrates that when ingested release energy into the bloodstream more slowly than rapidly digested carbohydrates.

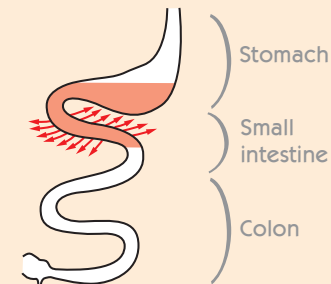
Carbohydrates that pass into the large intestine are fermented by colonic bacteria, producing short chain fatty acids (SCFA's) over a prolonged period which the body also uses for energy.

## Mechanism

**A** is typical of a slowly digested ingredient

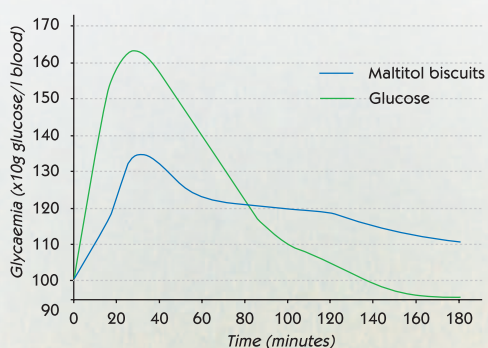


**B** is typical of a quickly digested ingredient

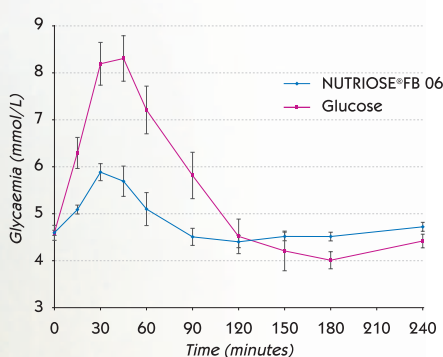


## Glycaemic response

Glycaemic response following consumption of 50 g cookies sweetened with maltitol MALTISORB®



Glycaemic response after ingestion of NUTRIOSE®FB 06 or glucose

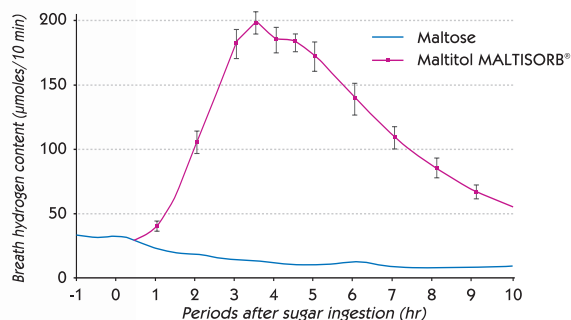


## ... a natural evolution

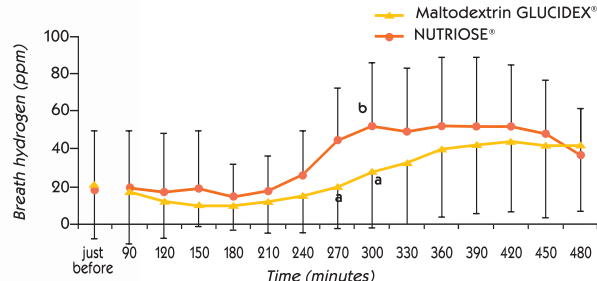
Gentle, progressive fermentation = slow release energy

Measurement of short chain fatty acids is typically very difficult, so breath hydrogen is measured as a marker for colonic fermentation.

Metabolic Fate of Ingested [<sup>14</sup>C]-Maltitol in Man



Breath hydrogen excretion



## Slow carbs for a healthier diet

For a positive impact on health

- Insulin
- Satiety
- Body weight
- Alertness
- Endurance
- Colon health

From the energy release point of view

