



# Diabetes Care and Education

*A dietetic practice group of the American Dietetic Association*

## Professional Resources

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### DCE JADA Supplement

#### Carbohydrate Issues: Type and Amount

by Madelyn L. Wheeler MS, RD; F. Xavier Pi-Sunyer MD, MPH

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**Figure 1: Main types of food carbohydrates. Adapted with permission from references 4 and 5. <sup>b</sup>Plus sign (+) represents complete/nearly 100% digestion and absorption in the small intestine, whereas plus-or-minus sign (+/-) represents partly digested and absorbed, with the range being very large (2% to 90%), and minus sign (-) represents no digestion and absorption in the small intestine.**

Type of Carbohydrate	Digestion & Absorption in Small Intestine <sup>a</sup>	US Food Labeling Designation
<b>Monosaccharides</b>		
Glucose, fructose, galactose	+	Sugars
Sorbitol, mannitol, etc	+ / -	Sugar alcohol
<b>Disaccharides</b>		
Sucrose, maltose, lactose	+	Sugars
Lactitol, maltitol, etc	+ / -	Sugar alcohol
<b>Oligosaccharides</b>		
$\alpha$ -Galactosides (eg: raffinose, stachyose)	-	Other carbohydrate
Fructooligosaccharides	-	Other carbohydrate
Maltodextrins	+	Other carbohydrate
Polydextrose	-	Other carbohydrate
<b>Polysaccharides / Starch (<math>\alpha</math>-glucans)</b>		
Amylose	+ / -	Other carbohydrate
Amylopectin	+ / -	Other carbohydrate

Modified food starches	+ / -	Other carbohydrate
<b>Nonstarch (non-<math>\alpha</math>-glucans) polysaccharides</b>		
Cell wall & chemically related polymers (eg, hemicelluloses, hemicelluloses, pectins $\beta$ -glucans)	-	Dietary fiber
Storage (eg, inulins or fructans, guar)	-	Dietary fiber
Plant gums, exudates and seed mucilages (eg, Ispaghula or psyllium)	-	Dietary fiber
Algal polysaccharides	-	Dietary fiber

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