

# **REFINED CARBOHYDRATE FOODS AND DISEASE**

**Some Implications of Dietary Fibre**

**edited by D. P. Burkitt  
and H. C. Trowell**



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# Refined Carbohydrate Foods And Disease Some Implications Of Dietary Fibre

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## **Refined Carbohydrate Foods And Disease Some Implications Of Dietary Fibre:**

Dietary Fibre — A Component of Food Thomas F. Schweizer, Christine A. Edwards, 2013-03-07 Dietary fibre is now recognized as a vital component of good daily nutrition yet its properties and specific role in the digestive system are still being investigated The involvement of government agencies the food industry and health professionals as well as public interest make this global overview Dietary Fibre A Component of Food an important contribution to the literature on the subject The cooperation of experts from different research centers and their peer review of each other's papers enhance the value of the book since it presents consolidated views and objective assessments on such key issues as fibre analysis and mineral bioavailability The seventeen chapters are grouped into three sections The background papers deal with biochemical and analytical characteristics e g the physico chemical properties of food polysaccharides and bacterial fermentation in the colon The papers on physiological effects deal with the physiological function of dietary fibre throughout the gastrointestinal tract its influence on protein lipid and carbohydrate digestion and absorption and its role in bile acid metabolism and faecal bulking The third section of papers focuses on the prevention and treatment of disease gastrointestinal disorders obesity diabetes mellitus and hyperlipidemias *Medical Aspects of Dietary Fiber* Gene A. Spiller, 2013-06-29 Dietary therapy has always been important to medical practice even if it has more often been sacramental than physiological in effect You are what you eat meant a lot to primitive tribes whose new leader had to eat part of his predecessor and giving diets brought out the priest in the physician even if he or she had heard that nothing that enters into a man defiles a man What people eat began to take on new meaning however a generation ago when Schoenheimer and others made clear that body fat and muscle protein were not the sluggish unchanging masses they had appeared but instead were store houses of energy and material influenced by food activity and metabolic processes Fiber or residue as it was then still called however seemed unimportant even the gastroenterologist concerned with keeping the bowels open by three cooked fruits three cooked vegetables and twelve glasses of water each day sometimes felt like a shaman if his cure for constipation worked Nobody any longer read Arbuthnot Lane's charming Victorian book *The Way Out* which placed the blame for most human ailments on constipation Lane even removed the bowel to cure the costive ills Burkitt revived a scientific interest in fiber and the possible connection between diet constipation and many physical disorders by observing the volume and frequency of stools on an African diet and on an English diet Refined Carbohydrate Foods And Disease D Burkitt, 2012-12-02 *Refined Carbohydrate Foods and Disease Some Implications of Dietary Fibre* addresses the geographical distribution and historical emergence of the characteristically western diseases which may be accounted for on a common dietary basis particularly on deficiency of dietary fiber The book is divided into 10 parts each with number of chapters focusing on relationship between disease and the environment refined carbohydrate foods various diseases of the large intestine and other diseases that are associated with constipation straining at stool and refined carbohydrate foods The book shows the role of refined carbohydrate foods as

a significant cause of diseases because it removes fiber which has many unsuspected physiological functions This reference is deemed to be useful to forge stronger links between epidemiologists and experimental workers      **Dietary Fiber and Health**

Susan Cho,Nelson Almeida,2012-05-29 Adequate fiber in the diet is essential for maintaining gastrointestinal and cardiovascular health and for weight management and glycemic control But a majority of people in developed countries fall short of their recommended daily intake Designed for product developers nutritionists dietitians and regulatory agencies Dietary Fiber and Health discusses critical findings from the Ninth Vahouny Fiber Symposium about the significance of dietary fiber and ways to get more fiber in our diet Steeped in research and the latest data from international experts the book explores a range of topics related to this essential nutrient including The relationship between fiber and weight management gastrointestinal health heart disease cancer and glucose metabolism Prebiotic effects of fiber and the characteristics and modulation of healthy flora The health benefits of novel fibers such as inulin The characteristics of maltodextrin Fibersol 2 and low viscous fiber on satiety glycemia microbiota and other properties The impact of the new definition of dietary fiber published by the Codex Alimentarius Commission The properties and immunological impact of Galactooligosaccharide and research on its effect on colitis Resistant starch and associated compounds Oat rye barley and other fibers Regulatory issues including GRAS notice procedure It is imperative that food product developers formulate foods with fiber and that health professionals recommend foods high in fiber to improve public health The contributors to this volume provide a survey of not only the impact of fiber on human health but also the myriad opportunities for fiber ingredients to be incorporated into foods for the benefit of consumers      Nutrition and Fitness in Health and Disease A. P.

Simopoulos,1993-05-13      The Praeger Handbook of Veterans' Health Thomas W. Miller,2012-09-20 This four volume set provides a history of veterans healthcare that examines programs of care and veterans special needs and offers insight into future directions for veteran s healthcare in the 21st century This comprehensive contribution to understanding veterans healthcare uniquely draws on a national and international cadre of scientists and practitioners both within the Department of Veterans Affairs and specialists beyond the institution providing a matrix view of veterans healthcare past present and future both nationally and internationally This work will prove an essential reference set that examines and identifies veterans healthcare through the first decade of the 21st century invaluable to health and psychology researchers and students policymakers social workers and veterans The Praeger Handbook of Veterans Health History Challenges Issues and Developments is organized to cover four key elements Volume I presents a history of veterans healthcare the various veteran s eras and the global healthcare provided to our veterans Volume II examines several of the programs of care and veterans special needs Volume III is devoted to the several aspects of mental health care treatment and rehabilitation services offered to veterans through the healthcare system The last volume offers insights into future directions for veterans healthcare

Food Polysaccharides and Their Applications Alistair M. Stephen,Glyn O. Phillips,2016-04-19 Comprehensive in scope

Food Polysaccharides and Their Applications Second Edition explains the production aspects and the chemical and physical properties of the main classes of polysaccharides consumed as food highlighting their nutritional value and their technological characteristics Chapters in this new edition detail the source CRC Handbook of Dietary Fiber in Human Nutrition Gene A. Spiller, 2001-06-27 Dietary fiber is widely recognized as an essential element of good nutrition In fact research on the use of fiber in food science and medicine is being conducted at an incredible pace CRC Handbook of Dietary Fiber in Human Nutrition Third Edition explores the chemistry analytical methodologies physiological and biochemical aspects clinical a *Nutritional Deficiencies in Industrialized Countries* J. C. Somogyi, G. Varela, 1981-09-15 Abstract A collection of 14 papers from the 17th Symposium of the Group of European Nutritionists are presented for nutritionists and other health professionals by experts in their respective fields addressing assessments of nutritional deficiencies in industrialized nations Topics include major nutritional findings of the 1971 74 US HANES study nutritional deficiencies and status in specific population subgroups pregnant women preschool and prepubertal children the elderly hospitalized patients the nutriture of specific nutrients vitamins minerals iron carbohydrates thiamin with respect to deficiencies nutrient nutrient and drug nutrient interactions in cases of ethanol intake and chronic alcoholism consequences of food patterns in modern society problems associated with refined foods and energy considerations in weight reduction diets The latest findings in this field are summarized wz **Diverticular Disease** Pat Black, Christine Hyde, 2006-02-03 Diverticular disease first became recognised at the beginning of the 20th century and although the incidence of the disease is not known it is considered to be a disease of the older person This book looks at a disease that is known as a Western world disease often called by surgeons a cinderella disease as they often feel that there is little to offer the patient with uncomplicated diverticular disease The book endeavours to give the healthcare professional a holistic view of the care and pattern of diverticular disease and chapters may be used as stand alone chapters for those wishing to know more about stoma care alternative treatments or food management This book is essential reading for healthcare professionals involved in the care of patients with this disease

**Western Diseases, Their Emergence and Prevention** Hubert Carey Trowell, Denis Parsons Burkitt, Denis P. Burkitt, 1981 In this major synthesis of cross cultural research 34 distinguished scientists study 25 common metabolic and degenerative diseases characteristic of all advanced Western nations and then examine their incidence in developing countries among both hunter gatherers and peasant agriculturalists Thus the authors provide a unique opportunity to compare epidemiological data reflecting modern modes of life with data influenced by habits and diets dating back 400 generations to the advent of agriculture and even 200 000 generations or more to the dawn of man The results confirm the view that diseases like hypertension lung cancer diverticular disease and appendicitis are maladaptations to environmental factors introduced since the Industrial Revolution They also demonstrate that such diseases become more prevalent when Western lifestyles are adopted in primitive societies Certain studies reveal a regression of disease incidence when exercise is

increased and a diet high in starch and fiber low in fat and salt is resumed characteristics of a simpler way of life Western Diseases greatly broadens our perspective on some of the most vexing health problems in our society It will be an essential reference for epidemiologists nutritionists and gastroenterologists in particular **Diet Related to Killer Diseases, IV** United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1977 *Empathetic Education* Mathew C. Cotton, Ronald S. Laura, 2025-04-25 The health of our global environment is increasingly affected by our technological advance rain rivers lakes forests soil climate all suffer at human hands Laura and Cotton suggest that the society committed to the technological transformation of the natural environment into an artificial one is also paradoxically a society committed to its own destruction Currently one of the major concerns of environmental education is to address this problem more concertedly than hitherto This book represents a radical departure from the traditional approach to environmental education It argues that the knowledge base behind current teaching is flawed and the resulting mind sets and attitudes are often counterproductive to the aims of environmental education Western Diseases Norman J. Temple, Denis P. Burkitt, 2012-12-06 Sir Richard Doll FRS FRCP ICRF Cancer Research Studies Unit Radcliffe Infirmary Oxford UK The twentieth century has seen few changes more remarkable than the improvement in health that has occurred nearly everywhere most spectacularly in the economically developed countries In these countries improved nutrition better housing the control of infection smaller family sizes and higher standards of education have brought about a situation in which more than 97% of all liveborn children can expect to survive the first half of the three score years and ten that formerly was regarded as the allotted span of life From then on however the position is less satisfactory Some improvement has occurred but the proportion of survivors who die prematurely that is under 70 years of age varies from 25% to over 50% in men and from 13% to 28% in women the extremes in both sexes being recorded respectively in Japan and Hungary Most of these deaths under 70 years of age must now be called premature even in Japan For most of them are not the result of any inevitable aging process but instead are the consequences of diseases or types of trauma that have lower often much lower age specific incidence rates in many of the least developed countries *Complex Carbohydrates in Foods* Susan Sungsoo Cho, 1999-01-19 Explores the effects of complex carbohydrates starch gums and dietary fibers on human physiological function and establishes an appropriate dietary intake level for inclusion on nutritional labels Addresses current research applications and implementation issues **Rethinking Diabetes** Gary Taubes, 2024-12-10 An eye opening investigation into the history of diabetes research and treatment by the award winning journalist and best selling author of *Why We Get Fat* Gary Taubes's meticulous science based work makes him the Bryan Stevenson of nutrition an early voice in the wilderness for an unorthodox view that is increasingly becoming accepted Niel Barsky *The Guardian* Before the discovery of insulin diabetes was treated almost exclusively through diet from subsistence on meat to reliance on fats to repeated fasting and near starvation regimens After two centuries of conflicting medical advice most authorities today believe that those with

diabetes can have the same dietary freedom enjoyed by the rest of us leaving the job of controlling their disease to insulin therapy and other blood sugar lowering medications Rather than embark on futile efforts to restrict sugar or carbohydrate intake people with diabetes can lead a normal life complete with the occasional ice cream cake side of fries or soda These guiding principles however have been accompanied by an explosive rise in diabetes over the last fifty years particularly among underserved populations And the health of those with diabetes is expected to continue to deteriorate inexorably over time with ever increasing financial physical and psychological burdens In *Rethinking Diabetes* Gary Taubes explores the history underpinning the treatment of diabetes types 1 and 2 elucidating how decades old research that is rife with misconceptions has continued to influence the guidance physicians offer at the expense of their patients long term well being The result of Taubes s work is a reimagining of diabetes care that argues for a recentering of diet particularly fewer carbohydrates and more fat over a reliance on insulin Taubes argues critically and passionately that doctors and medical researchers should question the established wisdom that may have enabled the current epidemic of diabetes and obesity and renew their focus on clinical trials to resolve controversies that are now a century in the making

**Foods & Nutrition Encyclopedia, 2nd Edition, Volume 1** Marion Eugene Ensminger,Audrey H. Ensminger,2023-07-21 Foods and Nutrition Encyclopedia 2nd Edition is the updated expanded version of what has been described as a monumental classic work This new edition contains more than 2 400 pages 1 692 illustrations 96 of which are full color photographs 2 800 entries topics and 462 tables including a table of 2 500 food compositions A comprehensive index enables you to find information quickly and easily

*The pH Miracle for Diabetes* Robert O. Young,Shelley Redford Young,2025-05-01 Diabetes has become an epidemic in the United States with an estimated 17 million people diagnosed with the disease and millions more at risk With attention focused on blood sugar and insulin levels however the underlying cause of all the devastation excess acidity of the body has been overlooked A nationally known microbiologist and nutritionist changes all that with this diet and lifestyle plan designed specifically for people with type 1 or Type 2 diabetes

**Foods & Nutrition Encyclopedia, Two Volume Set** Marion Eugene Ensminger,Audrey H. Ensminger,1993-11-09 Foods and Nutrition Encyclopedia Second Edition is the updated expanded version of what has been described as a monumental classic work This new edition contains more than 2 400 pages 1 692 illustrations 96 of which are full color photographs 2 800 entries topics and 463 tables including a table of 2 500 food compositions A comprehensive index enables you to find information quickly and easily

*What's with Fiber* Gene Spiller,Gene A. Spiller,Monica Spiller,2005 According to the authors fibre is not the simple roughage it was once thought to be and it does not come alone Found in plant foods fibre is a complex substance and in whole foods it is always accompanied by a number of nutrients from antioxidants essential oils minerals and proteins to vitamins and beyond This book spells out exactly why good health depends on fibre s presence in everyone s diet

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