

All meat substitute products and meat, median (IQR)

Nutrients per 100 g	Substitutes (n 82)		Keyhole (n 28)		Regular (n 70)		P-value*
Energy (kcal)	201.5	(169.5–220.5) ^a	145.0	(125.0–155.8) ^b	224.5	(204.8–244.3) ^c	<0.001
Fat (g)	10.2	(8.1–15.0) ^a	7.2	(5.0–9.0) ^b	16.5	(14.0–18.1) ^c	<0.001
Saturated fat (g)	1.1	(0.8–1.7) ^b	2.3	(2.0–3.1) ^b	6.4	(5.6–7.7) ^a	<0.001
Carbohydrates (g)	8.4	(4.9–12.6) ^a	0.1	(0.0–5.5) ^b	4.0	(0.0–7.1) ^b	<0.001
Sugars (g)	1.0	(0.6–1.7) ^a	0.0	(0.0–0.4) ^b	0.2	(0.0–1.0) ^c	<0.001
Fibre (g)	3.6	(0.0–5.1) ^a	0.0	(0.0–0.0) ^b	0.0	(0.0–0.0) ^b	<0.001
Protein (g)	13.0	(8.3–16.3) ^a	18.0	(11.5–19.8) ^b	15.0	(11.3–17.7) ^b	<0.001
Salt (g)	1.5	(1.1–1.8)	1.0	(0.1–1.7)	1.5	(1.0–1.7)	0.081

All dairy substitute products and dairy with three groups of comparison, median (IQR)

Nutrients per 100 g	Substitutes (n 77)		Keyhole (n 15)		Regular (n 34)		P-value*
Energy (kcal)	62.0	(40.0–270.0) ^b	38.0	(33.0–260.0) ^b	277.0	(65.8–339.8) ^a	<0.001
Fat (g)	3.0	(1.3–21.0) ^a	0.6	(0.1–16.0) ^b	22.5	(4.0–27.0) ^c	<0.001
Saturated fat (g)	0.6	(0.2–18.2) ^b	0.3	(0.1–10.0) ^b	15.0	(2.6–17.0) ^a	0.001
Carbohydrates (g)	9.4	(4.3–20.0) ^a	4.6	(0.0–4.6) ^b	2.7	(0.3–4.5) ^b	<0.001
Sugars (g)	1.8	(0.0–3.9)	4.6	(0.0–4.6)	2.0	(0.1–4.5)	0.48C
Fibre (g)	0.0	(0.0–0.6) ^a	0.0	(0.0–0.0) ^b	0.0	(0.0–0.0) ^b	<0.001
Protein (g)	0.5	(0.1–1.3) ^a	3.6	(3.5–31.0) ^b	11.6	(3.5–26.0) ^b	<0.001
Salt (g)	0.1	(0.1–1.9)	0.1	(0.1–1.1)	1.1	(0.1–1.3)	0.13E

All dairy substitutes products and dairy with two groups of comparison, median (IQR)

Nutrients per 100 g	Substitutes (n 85)		Regular (n 56)		P-value*
Energy (kcal)	103.0	(68.0–184.0)	124.0	(73.3–252.0)	0.117
Fat (g)	7.0	(2.0–10.2)	8.3	(2.9–13.3)	0.187
Saturated fat (g)	1.7	(0.3–7.0)	5.4	(1.8–7.8)	0.00E
Carbohydrates (g)	10.0	(6.8–23.5)	12.0	(5.7–24.0)	0.53E
Sugars (g)	7.5	(3.9–18.5)	11.0	(5.7–22.4)	0.001
Fibre (g)	0.8	(0.0–1.0)	0.0	(0.0–0.0)	<0.001
Protein (g)	1.4	(1.0–3.3)	3.7	(3.5–4.4)	<0.001
Salt (g)	0.1	(0.1–0.2)	0.1	(0.1–0.2)	0.107

Nutritional Implications Of Macronutrient Substitutes

Ying-Ying Zheng



Nutritional Implications Of Macronutrient Substitutes:

Nutritional Implications of Macronutrient Substitutes G. Harvey Anderson, Barbara J. Rolls, Daniel G. Steffen, 1997 The papers in this volume were presented at a conference entitled Nutritional Implications of Macronutrient Substitutes held by the New York Academy of Sciences Institute and the International Life Sciences Institute North America Technical Committee on Macronutrient Substitution on October 27-29 1996 in Arlington Virginia USA The focus of the volume is on the understanding of the impact of macronutrient substitutes on energy and nutrient intake food selection and dietary patterns Currently Americans are eating numerous lower fat and sugar free foods which are made possible by the technology of macronutrient substitutes These include the intense sweeteners and fat replacers of which the carbohydrate and protein type are available As a major reason for the initial development of macronutrient substitutes was the increase in obesity in the population of the United States this volume discusses the energy balance

Nutrition in Clinical Practice David L. Katz, 2012-03-28 Written by one of America's foremost authorities in preventive medicine *Nutrition in Clinical Practice* Second Edition is the practical comprehensive evidence based reference that all clinicians need to offer patients effective appropriate dietary counseling This fully revised edition incorporates the latest studies and includes new chapters on diet and hematopoiesis diet and dermatologic conditions and health effects of coffee chocolate and ethanol Each chapter concludes with concise guidelines for counseling and treatment based on consensus and the weight of evidence Appendices include clinically relevant formulas nutrient data tables patient specific meal planners and print and Web based resources for clinicians and patients

Sweeteners and Sugar Alternatives in Food Technology Kay O'Donnell, Malcolm Kearsley, 2012-07-13 This book provides a comprehensive and accessible source of information on all types of sweeteners and functional ingredients enabling manufacturers to produce low sugar versions of all types of foods that not only taste and perform as well as sugar based products but also offer consumer benefits such as calorie reduction dental health benefits digestive health benefits and improvements in long term disease risk through strategies such as dietary glycaemic control Now in a revised and updated new edition which contains seven new chapters part I of this volume addresses relevant digestive and dental health issues as well as nutritional considerations Part II covers non nutritive high potency sweeteners and in addition to established sweeteners includes information to meet the growing interest in naturally occurring sweeteners Part III deals with the bulk sweeteners which have now been used in foods for over 20 years and are well established both in food products and in the minds of consumers In addition to the traditional polyol bulk sweeteners newer products such as isomaltulose are discussed These are seen to offer many of the advantages of polyols for example regarding dental health and low glycaemic response without the laxative side effects if consumed in large quantity Part IV provides information on the sweeteners which do not fit into the above groups but which nevertheless may offer interesting sweetening opportunities to the product developer Finally Part V examines bulking agents and multifunctional ingredients

which can be beneficially used in combination with all types of sweeteners and sugars Appetite and Food Intake Ruth Harris, Ruth B.S. Harris, Richard D. Mattes, 2008-02-21 A complex interplay of social economic psychological nutritional and physiological forces influence ingestive behavior and demand an integrated research approach to advance understanding of healthful food choices and those that contribute to health disorders including obesity related chronic diseases Taking a multifaceted approach Appe **Family Economics and Nutrition Review** ,1997 Public health reports ,1998

Health Services Reports ,1998 **Handbook of Obesity** George A. Bray, Claude Bouchard, 2003-12-09 Offering perspectives on the history prevalence and genetics of obesity this book examines the origins and etiology of obesity It considers the relationship between behavioural neuroscience and obesity **Food, People and Society** Lynn J. Frewer, Einar Risvik, Hendrik Schifferstein, 2013-03-09 Food consumption is vital to human survival Nevertheless the exact determinants of food perception liking and food choice are still not fully understood Food People and Society tries to fill some of the gaps in our knowledge by studying these processes from multiple perspectives each with their own emphasis Some approaches focus mainly on the characteristics of food products eaten some focus on the person who eats a particular food whereas other approaches emphasize the psychological economic or social context in which food consumption takes place By bringing together these different approaches in one book we open the opportunity to integrate different perspectives and to facilitate comprehension of the complex processes that drive food choice behaviour Food People and Society is written for a wide audience including students and academics interested in food perception and consumption policy makers health educators and nutritionists food manufacturers and food marketers Sweeteners and Sugar Alternatives in Food Technology Helen Mitchell, 2008-04-15 Sugar replacement in food and beverage manufacture no longer has just an economic benefit The use of ingredients to improve the nutritional status of a food product is now one of the major driving forces in new product development It is therefore important as options for sugar replacement continue to increase that expert knowledge and information in this area is readily available Sweeteners and Sugar Alternatives in Food Technology provides the information required for sweetening and functional solutions enabling manufacturers to produce processed foods that not only taste and perform as well as sugar based products but also offer consumer benefits such as calorie reduction dental health benefits digestive health benefits and improvements in long term disease risk through strategies such as dietary glycaemic control Part I of this comprehensive book addresses these health and nutritional considerations Part II covers non nutritive high intensity sweeteners providing insights into blending opportunities for qualitative and quantitative sweetness improvement as well as exhaustive application opportunities Part III deals with reduced calorie bulk sweeteners which offer bulk with fewer calories than sugar and includes both the commercially successful polyols as well as tagatose an emerging functional bulk sweetener Part IV looks at the less well established sweeteners that do not conform in all respects to what may be considered to be standard sweetening properties Finally Part V examines

bulking agents and multifunctional ingredients Summary tables at the end of each section provide valuable concentrated data on each of the sweeteners covered The book is directed at food scientists and technologists as well as ingredients suppliers

The Top Books of the Year Nutritional Implications Of Macronutrient Substitutes The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. Nutritional Implications Of Macronutrient Substitutes : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Nutritional Implications Of Macronutrient Substitutes : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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