

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

Peipei Pang



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Nutritional Implications of Macronutrient Substitutes G. Harvey Anderson, Barbara J. Rolls, Daniel G. Steffen, 2006

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 **Appetite and Food Intake** **Family Economics and Nutrition Review**, 1997 **Public Health Reports**, 1998

Health Services Reports, 1998 *Cumulated Index Medicus*, 1989 **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 **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 , **Environmental Health Perspectives** , 1993 *Handbook of Obesity* W. P. T. James, 2003-12 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 Additives* A. Larry Branen, P. Michael Davidson, Seppo Salminen, John Thorngate, 2001-11-01 Offering over 2000 useful references and more than 200 helpful tables equations drawings and photographs this book presents research on food phosphates commercial starches antibrowning agents essential fatty acids and fat substitutes as well as studies on consumer perceptions of food additives With contributions from nearly 50 leading international authorities the Second Edition of Food Additives details food additives for special dietary needs contemporary studies on the role of food additives in learning sleep and behavioral problems in children safety and regulatory requirements

in the U S and the European Union and methods to determine hypersensitivity

Enhancing the Regulatory Decision-Making Approval Process for Direct Food Ingredient Technologies Institute of Medicine, Food Forum, 1999-04-29 The Institute of Medicine's IOM's Food Forum was established in 1993 to allow science and technology leaders in the food industry top administrators in the federal government representatives from consumer interest groups and academicians to discuss and debate food and food safety issues openly and in a neutral setting The Forum provides a mechanism for these diverse groups to identify possible approaches for addressing food and food safety problems and issues surrounding the often complex interactions among industry academia regulatory agencies and consumers On May 6 7 1997 the Forum convened a workshop titled Enhancing the Regulatory Decision Making Process for Direct Food Ingredient Technologies Workshop speakers and participants discussed legal aspects of the direct food additive approval process changes in science and technology and opportunities for reform Two background papers which can be found in Appendix A and B were shared with the participants prior to the workshop The first paper provided a description and history of the legal framework of the food ingredient approval process and the second paper focused on changes in science and technology practices with emphasis placed on lessons learned from case studies This document presents a summary of the workshop

Food, Eating and Obesity David J. Mela, P. J. Rogers, 2013-11-11 Although the exact prevalence of overweight and obesity are dependent upon the definition used these conditions are generally accepted to be widespread and increasing problems by health authorities and the public in most western nations The proportion of the UK and US populations which are overweight or obese by any measure has substantially risen over the past decade and similar increases have been observed in other western nations as well as rapidly modernizing societies Hodge et al 1996 The physiological psychological and social environmental factors which may be implicated in the aetiology maintenance and treatment of these conditions have been the subject of an extraordinary volume of human and animal research scientific conferences and technical and popular literature This book focuses specifically on the role of food and eating in overeating and obesity emphasizing the relationships between people and food which may give rise to positive energy balance and the potential contributions of specific components foods or groups of foods The intent is to integrate the psychobiological and cognitive psychological aspects of appetite food preferences and food selection with physiological and metabolic outcomes of eating behaviours The ingestion of a particular quality and quantity of food is a voluntary behaviour and that act its determinants features and sequelae are explored here considering wider academic thought but guided by potential practical implications

The American Journal of Clinical Nutrition, 1998

Deep Frying Michael D. Erickson, 2015-08-08 Since the first edition of Deep Frying was published in 1996 there have been many changes to the U S Dietary Guidelines and nutritional labeling laws and improvements in frying technology and practices have made a significant impact on the industry This book covers everything you need to know to create fat and oil ingredients that are nutritious uniquely palatable and satisfying Focuses

heavily on the physical characteristics of oils during frying including odor and flavor components and oxidized sterols
Includes practical information on the dynamics of frying from many perspectives including foodservice and industrial
Addresses regulatory issues environmental concerns and nutritional aspects Proceedings of the Nutrition Society ,1999

Nutrition in the Prevention and Treatment of Disease Ann M. Coulston, Carol J. Boushey, 2008-03-28 This reference addresses basic principles and concepts that are central to the major clinical nutrition related activities such as nutritional assessment and monitoring current theoretical base and knowledge of efficacious interventions interactions between genetic and nutritional factors and the use and interpretation of population based or clinical epidemiological evidence

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