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 Antje JungCLAUS. *Functional Ingredients*. Boulder: Mar 2010. Iss. 96, pg. 54, 2 pgs

**Abstract (Summary)**  
 Because the chemical nature of carbohydrates in foods does not completely describe their physiological effects, carbohydrates have further been classified in terms of their availability to the human metabolism.  
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**[Headnote]**  
 In this article Dr Antje JungCLAUS discusses the different approaches for the classifications of carbohydrates and their limitations in classifying the next generation of functional carbohydrates such as isomaltulose

From a nutritional point of view, carbohydrates are quantitatively the most important nutrients in the human diet, according to dietary recommendations 50-60 per cent of our total energy intake should come from them. Many food products contain significant amounts of carbohydrates. Nevertheless, surprisingly little attention still is given to the choice of carbohydrates with respect to their physiological properties when it comes to the development of new products. It was only in the early 1980s that the scientific community began to focus on the physiological diversity of carbohydrates. Since then, knowledge of the physiological roles of different types of carbohydrates and their involvement in health and disease has developed considerably and has challenged many long-held beliefs about sugars, starches and dietary fibre.

The challenge in the classification of traditional carbohydrates has been to align

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**New carbohydrates**  
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**Present classification:**  
 Defined by chemical nature  
 One of the most traditional forms of carbohydrate classification is according to their degree of polymerisation (DP), i.e. the number of monosaccharide units. Carbohydrates are divided into sugars (monosaccharides and disaccharides), oligosaccharides, and polysaccharides as well as hydrogenated carbohydrates (polyols). Each of these groups can be further divided into sub-groups depending on the make-up and quantity of the monosaccharide units. Although this method of classification is comprehensive in terms of defining carbohydrates by their chemical structure, it raises difficulties for food ingredients manufacturers and nutritionists because physiological properties, like the rates of digestion, could vary widely within a given group. For example, the oligosaccharide category comprises malto-oligosaccharide, which is highly digestible, as well as fructo-

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