
A REVIEW STUDY ON IMPORTANT ROLE OF CARBOHYDRATES IN THE FLAVOR

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ABSTRACT

Oral nutritional supplements ONS uses a variety of carbohydrate sources, although they are typically simple sugars that are easy to digest and absorb. Because the carbohydrate sources are simple sugars that have been "added," public health concerns about reducing "added sugars" in the diet may lead some patients to have worries. Oral nutritional supplements are frequently beneficial to patients who are malnourished or at danger of malnutrition (ONS). ONS provides a wide variety of micro- and macronutrients that may be utilized to complement a diet or offer complete nutrition. All ONS components, including carbs, are additional ingredients since ONS are specifically designed products. This may seem to contradict the increasing public health debate about the need to limit "added sugars" in the diet. Carbohydrate, on the other hand, is a necessary nutrient for human health and an important component of ONS. When ONS are recommended, assisting patients in understanding the importance of "added sugars" in ONS may be beneficial in improving compliance with dietary guidelines. In terms of taste, function, and product formulation, this viewpoint article examines the essential functions of "added sugars" in ONS.

KEYWORDS: Carbohydrates, Nutrition, Nutrition Labelling, Sugar, Supplements.

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