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REVIEW STUDY ON CARBOHYDRATES AND FIBRE

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ABSTRACT

The diets high in fibre such as cereals, nuts, fruits and vegetables have a beneficial impact on health because their intake has been linked to reduced incidence of many illnesses. The diets with high concentration of fibre have been found to have a beneficial impact on health. During processing the foods undergo different physical, chemical, enzymatic and thermal treatments, which directly or in directly influence the composition of total fiber in the past, carbohydrates have been regarded of merely as a source of energy and fibre. However, recent research has revealed a myriad of photoactive chemicals contained within fibre fractions of carbohydrates, as well as a wide range of beneficial physiological functions (such as increased transit time, production of short chain fatty acids, increased satiety etc.) which can be ascribed to various substances found in carbohydrates. This study highlights the function of carbs in health and looks at the various kinds of carbohydrates, current dietary consumption, and the effect of fibre on prevention of cancer, heart disease and weight gain. In addition, the study examines the prebiotic activity of resistant starches.

KEYWORDS: *Carbohydrates, Cereals, Fibre, Cancer, Digestive Disorders, Prebiotics.*

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