

Overzicht van de relatie tussen koolhydraten en preventie van ziektes (Hauner et al, 2012)

Risk of	Increase in:	Carbohydrate proportion	Monosaccharides	Disaccharides	Sugar-sweetened beverages	Polysaccharides	DF/whole-grain products	GI	GL
Obesity									
Adults		∞	~	~	††	-	total DF: †† whole-grain products: †	††/~ ⁱ	∞
Children		∞	~	~	†	-	total DF: ∞ whole-grain products: ~	~	~
Type 2 diabetes mellitus		∞∞	~	~/ [∞] / [∞]	††	~	total DF: ∞ whole-grain products: †† DF from cereal products: ††	†	∞
Dyslipoproteinaemia									
Total cholesterol concentration		††† ^a , ††† ^b	~	~	~	~	total DF: † whole-grain products: †††	††	~
LDL cholesterol concentration		††† ^a , ††† ^b	~	~	~	~	total DF: † whole-grain products: †††	~	~
HDL cholesterol concentration		††† ^a , ††† ^b	~	~	~	~	total DF: ∞ whole-grain products: ∞∞∞	∞∞∞	~
Triglyceride concentration		†††	∞ ^c	~	~	~	total DF: ∞∞∞ whole-grain products: ∞∞∞	∞∞	††
Hypertension		∞	∞ ^d	∞ ^e	∞	~	total DF: †† whole-grain products: ††	~	~
Metabolic syndrome		~	-	-	†	-	total DF: ∞ whole-grain products: ~	-	-
CHD		∞	~	~	~	~	total DF: †† whole-grain products: †† DF from cereal products: †	††/∞ ^f	††/∞ ^g
Cancer									
Oesophagus		~	~	~	-	~	~	~	~
Stomach		∞	-	-	-	∞	total DF: ~ DF from cereal products: †	~	~
Colorectum		∞	~	∞	∞	∞	total DF: † DF from cereal products: ††	†	∞
Breast		∞	~	∞	-	~	∞	∞	∞∞
Endometrium		∞	-	~	-	~	~	∞	†
Pancreas		∞	†	∞	∞	∞	~	∞	∞

DF = Dietary fibre. ^a At increased carbohydrate proportion at the expense of total fat or saturated fatty acids, respectively. ^b At increased carbohydrate proportion at the expense of polyunsaturated fatty acids. ^c At fructose up to 100 g/d, other monosaccharides ~. ^d At long-term fructose intake. ^e Sucrose. ^f Lactose. ^g Long-term sucrose intake. ^h Women. ⁱ Men.

The number of arrows only indicates the level of evidence of the data and not the extent of the risk.

† = Possible evidence, risk-enhancing; †† = probable evidence, risk-enhancing; ††† = convincing evidence, risk-enhancing.

‡ = Possible evidence, risk-reducing; ‡‡ = probable evidence, risk-reducing; ‡‡‡ = convincing evidence, risk-reducing.

∞ = Possible evidence, no association; ∞∞ = probable evidence, no association; ∞∞∞ = convincing evidence, no association.

~ = Insufficient evidence.

- = No study identified.