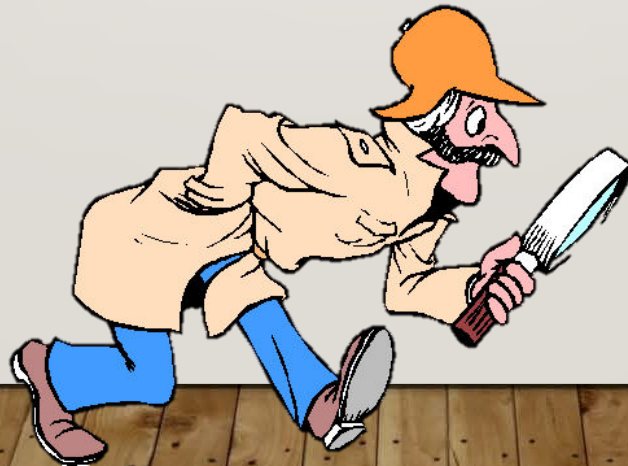
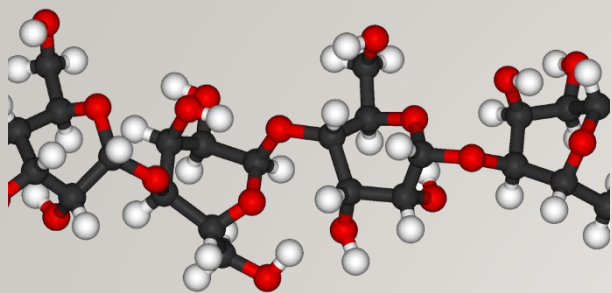


CARBOHYDRATE QUALITY & TYPE 2 DIABETES

KJELL OLSSON, MPH, RD
PHD STUDENT IN NUTRITIONAL EPIDEMIOLOGY
LUND UNIVERSITY





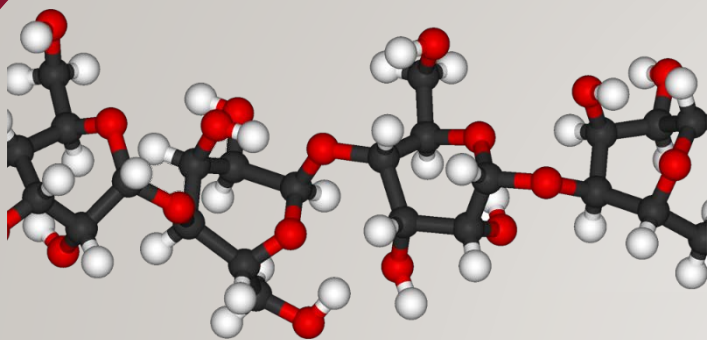
PANCREAS
CELLS
RESISTANCE
METABOLISM
GLUCOSE
STAGES
ISLETS
INJECT
MONITOR
WEIGHT
CONGENITAL
NERVE
HEALTHCARE
SYMPTOMS
DIABETES
TYPE
HYPERGLYCEMIA
KETOACIDOSIS
ADULTS
INJECT
SUGAR
RESPOND
INSULIN
MELLITUS
PANCREAS
COMPLICATIONS

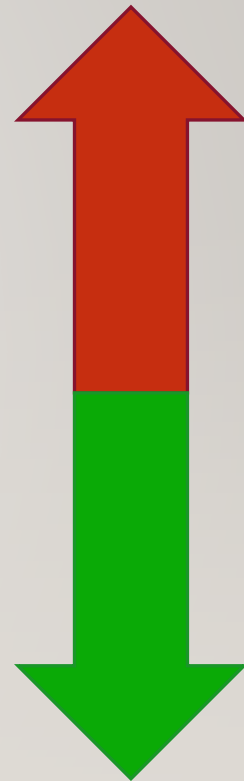
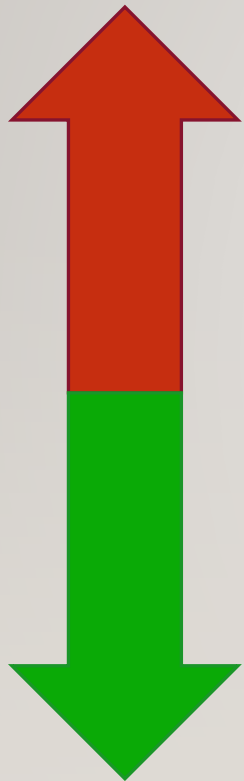
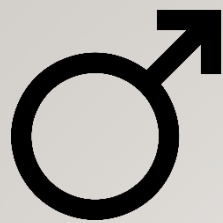
OBJECTIVE

To analyse if there is an association between intake of different types of carbohydrates and carbohydrate-rich foods with incidence of type 2 diabetes in a large, prospective cohort of middle-aged and older adults in southern Sweden.









VARIABLES

Carbohydrates
Monosaccharides
Disaccharides
Sucrose
Added sugar
Fibre
Whole grains
Refined grains
Potato
Fruits
Vegetables
Juice
Soft drinks
Sugar and sweets
Ice cream
Pastries

Sex
Age
Season
Diet-method version
Total energy intake
BMI



Type 2 diabetes

Alcohol intake
Smoking
Physical activity
Education
Whole grains
Soft drinks
Meat
Coffee

$n = 26,622$

($n = 4,046$ cases, $n = 22,576$ non-cases)



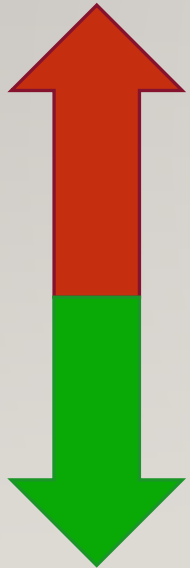
- No significant associations

- Monosaccharides
- Fruits
- Vegetables
- Chocolate
- Marmalade, honey, and jam



- Carbohydrates
- Disaccharides
- Chocolate

- Pastries



So now what?

Where do we go next?

Figures?



What do we focus on?

Further analyses?

THANK YOU!



LUND
UNIVERSITY

KJELL.OLSSON@MED.LU.SE