

Reference List

Update: What's New in the World of Carbohydrates
by Joanne Slavin, RD, PhD

References:

1. US Department of Health and Human Services. Dietary Guidelines for Americans 2015–2020: Eighth Edition. <https://health.gov/dietaryguidelines/2015/guidelines/>. Published January 7, 2016. Accessed October 7, 2019.
2. Atkinson FS, Foster-Powell K, Brand-Miller JC. International tables of glycemic index and glycemic load values: 2008. *Diabetes Care*. 2008;31(12):2281-2283.
3. Scazzina F, Dall'Asta M, Casiraghi MC, et al. Glycemic index and glycemic load of commercial Italian foods. *Nutr Metab Cardiovasc Dis*. 2016;26(5):419-429.
4. Pereira MA, O'Reilly E, Augustsson K, et al. Dietary fiber and risk of coronary heart disease: a pooled analysis of cohort studies. *Arch Intern Med*. 2004;164(4):370-376.
5. Gibson PR, Shepherd SJ. Personal view: food for thought — western lifestyle and susceptibility to Crohn's disease. The FODMAP hypothesis. *Aliment Pharmacol Ther*. 2005;21(12):1399-1409.
6. Gibson GR, Hutkins R, Sanders ME, et al. Expert consensus document: the International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. *Nat Rev Gastroenterol Hepatol*. 2017;14(8):491-502.
7. Carlson JL, Erickson JM, Lloyd BB, Slavin JL. Health effects and sources of prebiotic dietary fiber. *Curr Dev Nutr*. 2018;2(3):nzy005.
8. Grabitske HA, Slavin JL. Gastrointestinal effects of low-digestible carbohydrates. *Crit Rev Food Sci Nutr*. 2009;49(4):327-360.
9. So D, Whelan K, Rossi M, et al. Dietary fiber intervention on gut microbiota composition in healthy adults: a systematic review and meta-analysis. *Am J Clin Nutr*. 2018;107(6):965-983.
10. Vanegas SM, Meydani M, Barnett JB, et al. Substituting whole grains for refined grains in a 6-wk randomized trial has a modest effect on gut microbiota and immune and inflammatory markers of healthy adults. *Am J Clin Nutr*. 2017;105(3):635-650.
11. US Department of Agriculture website. <https://www.usda.gov/>
12. ChooseMyPlate website. <https://www.choosemyplate.gov/>
13. Centers for Disease Control and Prevention website. <https://www.cdc.gov/>