

Effect of large carbohydrate meals on large intestine

May have incomplete digestion of carbohydrate
in small intestine (due to rapid transit time)



Undigested carbohydrates reach the hindgut
(cecum & colon)



Rapid bacterial fermentation of undigested carbohydrates



Production of Acid

- Shift in Bacterial Population
 - ↓ fibre bacteria (death)
 - ↑ carbohydrate bacteria (acid production)
- Potential for acid to cause damage to lining of intestine

Excess gas production

- Gas buildup in large intestine
→ distention
- Altered colonic motility

Can lead to Colic!