

RAFFINOSE

Meaning: Raffinose is a complex carbohydrate composed of galactose, glucose, and fructose, commonly found in certain vegetables and grains, that can cause digestive issues in some people.

1. Raffinose is a complex sugar that is commonly found in beans, cabbage, and whole grains.
2. The digestion of raffinose can lead to gas and bloating for some individuals, making it a topic of interest in nutrition studies.
3. Inulin and raffinose are often mentioned together due to their similar properties as prebiotic fibers.
4. Some people may need to limit their intake of raffinose-rich foods to avoid digestive discomfort.
5. Raffinose serves as an important energy source for certain gut bacteria during the fermentation process.

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