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Glycemic index of split peas, rice (Binam), kidney beans, green peas, "Lavash" bread and broad bean kernels in NIDDM subjects

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
Abstract:

Equal amounts of carbohydrates from various foodstuffs do not increase blood glucose to the same extent. This study was carried out, therefore, in 1996 at the National Nutrition and Food Technology Research institute in Tehran to determine the glycemic index of split pea, rice (Binam), kidney beans, green peas, "Lavash" bread and broad bean kernels. Diabetic subjects were studied in a clinical trial. The exact amount of carbohydrate in foodstuffs was determined using AOAC. Methods. White bread was used as the reference food. After a 12-hour overnight fast on seven separate days each subject was given the test food in an amount to provide 25 g of carbohydrate. Blood glucose was determined after 0, 60, 120 minutes using orthotolidine method. Glycemic response in each individual was calculated as the area under the 2-hour glucose individual was calculated as the area under the test food glucose curve as a percentage of the mean area under the white bread glucose curve. Glycemic indices of the test foods were 31 ± 8.5 for split peas, 42.9 ± 3 for rice, 44 ± 9 for kidney beans, 57 ± 7 for green peas, 69 ± 8.5 for "Lavash" bread, and 96 ± 14 for broad bean kernels. Legumes and rice (Binam) can be used efficiently in meal planning for the diabetic subjects.

Keywords:

Glycemic index . Test foods . NIDDM

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