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Glycemic and insulin response after germinated rye flakes

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There is a lot of evidence that whole grain foods could be protective in prevention against the wide range of chronic diseases as well as could improve clinical signs of persisting illness including metabolic syndrome and type-2 diabetes. The protective mechanisms may be related to fiber and other potentially bioactive substances. It has been consistently observed that rye products induce lower postprandial insulin response in most cases without corresponding reduction in glucose profile but little is known regarding germinated rye flakes. The aim of study was to investigate glycemic and insulin response after consuming wholegrain germinated rye flakes. Participants received equivalent carbohydrate amounts of test food (germinated whole grain rye flakes) and reference food (glucose). Postprandial blood glucose and plasma insulin concentration were measured according to methodology by the ISO (International Organization for Standardization) method 26642:2010. Germinated rye flakes demonstrated lower both plasma glycemic and insulin response in comparison to standard food glucose. Insulinemic response was not only lower but more stable as well: 19.08-42.14 mmol/L in comparison to standard food glucose: 31.6-72.9 mmol/L. The results indicate beneficial effects of germinated rye flakes on carbohydrate metabolism.

Biography

Laila Meija has completed her PhD in Riga Stradins University, Latvia. Her scientific interest is related to wholegrain and cereal fiber. Her PhD research was on alkylresorcinol and lignan metabolites in prostate cancer patients. She is a Medical Doctor, Internist with Specialization in Dietetic and Clinical Nutrition. She works at Pauls Stradins Clinical University Hospital and at Riga Stradins University as an Assistant Professor in Department of Sports and Nutrition.

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