# Determining the glycaemic index of pasta with a high resistant starch content

Published: 14-06-2007 Last updated: 08-05-2024

The aim of the study is to determine the glycaemic index of pasta with a high resistant starch content compared to normal pasta.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

# **Summary**

## ID

NL-OMON30832

**Source** ToetsingOnline

Brief title GI and RS

# Condition

• Other condition

# **Synonym** diabetes, syndrome X

#### **Health condition**

de GI van een voedingsmiddel zal worden bepaald, dit heeft niet direct betrekking op een aandoening maar kan in de toekomst worden gebruikt voor aandoeningen als het metabool syndroom of diabetes

#### **Research involving**

Human

## **Sponsors and support**

Primary sponsor: Universiteit Maastricht Source(s) of monetary or material Support: Top Institute Food and Nutrition (TIFN)

#### Intervention

Keyword: Glycaemic index, Resistant starch

#### **Outcome measures**

#### **Primary outcome**

The difference in glycaemic index between the pasta high in resistant starch

and the normal pasta.

#### Secondary outcome

N.A.

# **Study description**

#### **Background summary**

In the last decade several studies have shown that diets with a low glycaemic index (GI) are beneficial in relation to the metabolic syndrome. Although an extensive table of GI values for foods was published, the need for continued testing and product development is necessary. For most starchy food products a reduction in GI appears to be accompanied by a higher content of resistant starch.

#### **Study objective**

The aim of the study is to determine the glycaemic index of pasta with a high resistant starch content compared to normal pasta.

#### **Study design**

The study will have a randomized crossover design. Randomization takes place using a computerized randomization program.

#### Intervention

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The subjects receive 3 different testmeals during 5 testsessions. The test meals are:

- white bread (standard food, repeated 3 times)

- pasta high in risistant starch (1 time)

- normal pasta (1 time)

After a fasting blood sample, subjects will eat the test meal at a comfortable pace within 15 min and further blood samples will be taken at 15, 30, 45, 60, 90 and 120 min after starting to eat.

#### Study burden and risks

The study consists of 5 test-days of 2.5 hours. In total the time spent on the study will be  $5 \times 2.5 = 12.5$  hours test.

The study does not include any other risks for subjects, apart from usual risks of minor bruising during blood sampling.

# Contacts

**Public** Universiteit Maastricht

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# **Trial sites**

# **Listed location countries**

Netherlands

# **Eligibility criteria**

Age

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Adults (18-64 years) Elderly (65 years and older)

## **Inclusion criteria**

Healthy, non-smoking, non-dieting subjects aged between 18-60 years and a BMI between 20-35 kg/m2.

## **Exclusion criteria**

Smoking, dieting, disease

# Study design

## Design

Study type:	Interventional
Intervention model:	Crossover
Masking:	Single blinded (masking used)
Control:	Uncontrolled
Primary purpose:	Other

## Recruitment

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NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-10-2007
Enrollment:	12
Туре:	Actual

# **Ethics review**

Approved WMO	
Date:	14-06-2007
Application type:	First submission
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit

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# **Study registrations**

# Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

**Register** CCMO **ID** NL16549.068.07