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

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 x 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

Postbus 616
6200 MD Maastricht
Nederland
Scientific
Universiteit Maastricht

Postbus 616
6200 MD Maastricht
Nederland

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

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

NL

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

Ethics review

Approved WMO

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

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	ID
CCMO	NL16549.068.07