GLYCEMIC AND INSULINEMIC RESPONSES TO SIX CEREAL PRODUCTS IN HEALTHY ADULTS

Ciok, J.¹, Dzieńiszewski, J.¹, Lang, V.²
¹National Food and Nutrition Institute, Warsaw, Poland
²Danone Vitapole, Nutrivaleur, Le Plessis-Robinson, France

SUMMARY:

Glycemic index (GI) and insulin index (II) scores of six cereal-based foods (biscuits and shortbreads) were determined and the relationship between the glycemic and insulin responses of the foods was examined. The study was conducted using recommended by FAO/WHO methodology using glucose as a standard food. We obtained a range of GI scores from 49 to 68% and II scores from 51 to 75%. The test foods’ blood insulin responses were in parallel to their glycemic responses although in every case the level of II was higher than the level of GI. The foods’ II scores were closely related to their GI scores (r=0.80).

Key words: glycemic index, insulin index, biscuits, shortbreads

Address for correspondence: J. Ciok, Powsinska St 61/63, 02–903 Warsaw, Poland. E-mail: j.ciok@izz.waw.pl