

Glycemic Index and Glycemic Load of FiberPasta



We have included n.20 healthy volunteers. We evaluated the variation of blood glucose after 50g glucose intake, as standard reference food, and FiberPasta intake (50g available carbohydrate). As shown in **Image 1**, you get an increase in postprandial glycemia, and the area under the curve can be used to calculate AUC (the incremental areas under the curve). We assigned a value of 100 to the area under the curve (obtained after glucose intake). The Glycemic Index of foods has been calculated as the ratio between AUC of the blood glucose response of pasta and AUC of the reference food (glucose).

$$\text{Glycemic Index (GI)} = (\text{AUC pasta} / \text{AUC glucose}) * 100$$

Results of the study

In **Image 1** we showed the average value of blood glucose after FiberPasta ingestion, compared to the reference food (glucose). The average AUC after pasta ingestion ($43,7 \pm 17,1 \text{ mmol} * \text{min/L}$) is lower than after standard food ($185,4 \pm 67,7 \text{ mmol} * \text{min/L}$). The Glycemic Index individual values of FiberPasta are included between 11% and 37% and the average value is $23,5 \pm 9,1\%$. The glycemic load of a FiberPasta portion (80g) is $10,8 \pm 4,3$.

Image 2: Food Glycemic Index

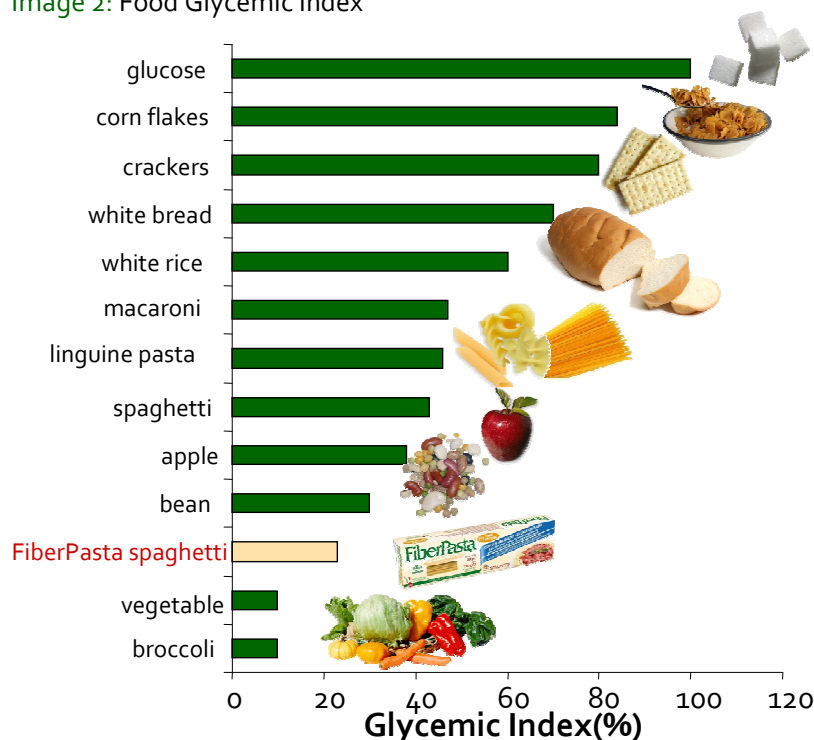
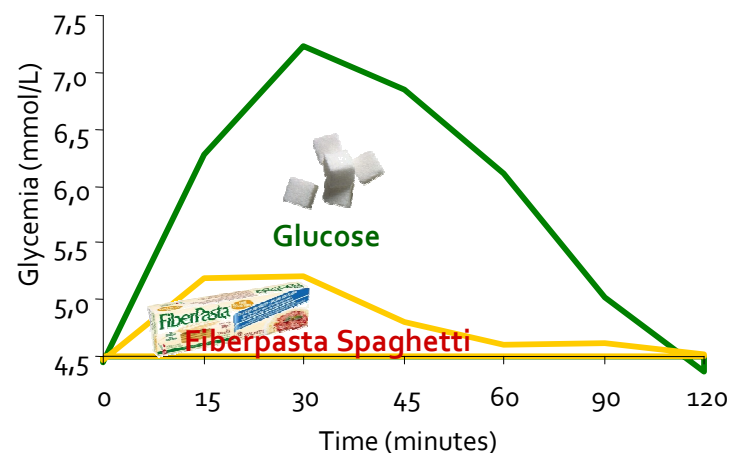


Image 1: Variation of blood glucose after 50g glucose intake and after the consumption of 50g FiberPasta Spaghetti



Conclusions:

- **FiberPasta (spaghetti shape) has an average glycemic index of 23,5% and a glycemic load of 10,8, so it can be considered a low glycemic food (Image 2).**
- The low glycemic index of FiberPasta is due to its unique composition: very high amount of fibre and protein (15% fibre, 15% protein)

THIS STUDY HAS BEEN CONDUCTED IN COLLABORATION WITH THE
SPECIALIZATION SCHOOL IN FOOD SCIENCES AND NUTRITION
DEPARTMENT OF MEDICINE * UNIVERSITY OF ANCONA (ITALY)

