

TABLE 1: Starch hydrolysis index (HI) and food *in vitro* predicted glycemic index (pGI) obtained by using a multy-enzymatic digestion (gastric and pancreatic phases).

Issue	HI ¹	pGI ²
<i>Piadina FiberPasta diet</i>	90	34

¹HI: starch hydrolysis index (being 100 starch from white bread).

²pGI: *in vitro* predicted glycemic index (being 100 white bread).

FIGURE 1: Time-course of cumulative *in vitro* starch digestion of samples.

