



BLOOD GLUCOSE RESPONSE OF 3 DIFFERENT BREADS

PROTOCOL

The blood glucose response of 3 different breads were tested on 5 individual people over 3 consecutive days. The results were then combined to produce the chart below.

Individuals did not eat anything after 5h00 the night before.

Blood glucose was measured after which a 50g portion of a specific bread was eaten. Blood glucose was measured every 15 minutes during the first hour and every half hour thereafter

The 3 breads that was tested were Healthy Eating Low Carb Bread, White Bread and Low GI Bread
Blood glucose levels were measured in mmol/l

RESULTS

Both the white bread and the low GI bread caused a significant blood glucose spike within 30 minutes. The blood glucose spike for the low GI bread was slightly delayed to start with but significantly the spike thereafter was almost just as high as for the white bread.

In comparison the Healthy Eating Low Carb Bread did not cause a significant blood glucose spike but rather had a slight rise.

At its highest point the healthy eating low carb bread caused a blood glucose rise of just 15 points compared to the white and low GI breads that was around 50 points.