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Glycemic index of SOYTUWO a Nigerian selected diets

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This study was carried out to determine the proximate composition and glycemic index of selected soybean and tuwo products. A total of ten (10) healthy volunteers were used in the study. The result of the socio-demographic characteristic shows that the subject age ranged from 22-30 years, height ranged from 1.40-1.58 m and weight ranged from the 45-65 kg. The result of the proximate composition ranged from 3.91-8.25 for sugar and 25.31-40.12 for starch. The fasting blood glucose of the volunteers ranged from 5.5 mmol/L-7.3 mmol/L. These volunteers consisted of one (1) male and nine (9) females. The preparation of soybean and tuwo with stew were given to the subject after whose blood sample was collected using a glucometer (on-call plus). Blood samples were taken from the fingertips of the volunteers over 2 hours period interval at 0 hr, 30 mins, 60 mins and 90 mins after eating the tested food to determine the incremental area under the curve (IAUC) of their glucose concentration and GI of the foods and these were compared with that of the reference food, i.e., glucose. The result of the glycemic index of the processed food given to the volunteers was soybean-46 and tuwo-80. The study revealed that different processing method give different glycemic index. All the soybean and tuwo have similar G.I. This may be due to difference of the mixture of soybean and tuwo and also starches.

Biography

Nupo Sunday Sedodo recently completed his PhD in Nutrition and Dietetics from the Department of Federal University of Agriculture, Alabata, Abeokuta. He is currently a Lecturer in the Department of Nutrition and Dietetics in Moshood Abiola Polytechnic, Ojere. He obtained a BSc degree in 2006, completed his Master's degree in 2010 and had his PhD in 2014 from Federal University of Agriculture, Abeokuta. He is currently the General Secretary of Nutrition Society of Nigeria, Ogun State Branch. He has over 15 publications in local and international journals.

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