

Glycemic index of a high protein and high fiber oral nutritional supplement in Indian adults

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A low Glycemic Index (GI) diet could aid in reducing body weight and also manage diabetes. The consumption of carbohydrate-rich or high GI diets is associated with an increased risk of obesity-related chronic diseases. The oral nutritional supplement (ONS) Vidaslim® is a food supplement from Signutra Inc, having a high protein blend – whey, soy, and casein, dietary fiber – Polydextrose, green tea extract – catechins, L- carnitine, Myo-inositol, known to reduce the blood glucose levels.

To evaluate the GI of the Vidaslim® in fifteen obese or overweight individuals aged between 20 and 45 years. The adult participants were allowed to consume the test food Vidaslim® containing 25g of available carbohydrate. Participants underwent 3 days of reference food testing and 1 day of test food with 2 days of wash-out period. Capillary blood glucose was measured after overnight fasting at 0, 15, 30, 45, 60, 90, and 120 min after consuming reference and test food. The GI was assessed using a validated protocol by FAO/WHO and ISO (2010).

Out of 15 participants who completed the study, 3 participants reported as statistical outliers (GI > mean ± 2SD) and hence the data was presented for 12 participants. The mean age of the participants was 28.1±5.4 years and body mass index (BMI) of 27.2±2.7 kg/m². The ONS was found to have a low GI value of 22±3.4 (Mean+SEM). The GI value was not influenced by age, sex, dietary calories, protein, fat, carbohydrates, dietary fiber, and physical activity levels.

Conclusion: Thus, the ONS Vidaslim® could be a suitable healthy supplement for those with obesity and diabetes.

Biography

Dr. Chetan Mehndiratta is MD, PGDPV with an experience of 16 years, working with Signutra as Head Medical Affairs for South Asia Region, His extensive professional journey covers several stellar achievements like collaboration with India's biggest Tertiary care centre for Hospital Training Certification for "Improved Child Health" He has identified the knowledge-practice gap and has collaborated with scientific leaders at South Asia Region to develop 1st Recommendations on "Diabetes" and "Nutrition in Pediatric Clinical Practice" which have been published in International Journals. He has more than 40 publications in National & International indexed journals which include 20+ papers in the field of nutrition. He has been invited as a faculty in National & International Conferences. He was selected to grade international abstracts for the ISPE Conference 2013 & 2015.

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