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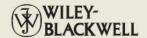
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ABSTRACT BOOK

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METABOLIC MODULATION OF A NATURAL VEGETARIAN SUBSTITUTIVE RAW MEAL

L. Vigna¹, C. Novembrino², R. de Giuseppe², F. de Liso², R. Maiavacca³, F. Bamonti²

¹Medicina del Lavoro 1, Fondazione Ospedale Maggiore Policlinico, Milano, ²Scienze Mediche, Universita' degli Studi di Milano, Ospedale 'Ca' Granda' Policlinico IRCCS Milano, ³Laboratorio Analisi Chimico Cliniche e Microbiologia, Fondazione IRCCS Cà Granda Ospedale Maggiore Policlinico, Milan, Italy

Introduction: Meal replacement is a common prescription in daily medical practice due to changing lifestyle with a short break at lunch time. The technical-scientific analysis on each natural component of a new vegetarian commercial product (GoJuvo) showed good metabolic efficacy but few data were available on metabolic influence of the whole product.

Aim: to verify if nutritional claims of GoJuvo (glycaemic index: 50) agreed with scientific tests by assessing nutritional parameters

Methods: in 15 patients (3M /12F, mean BMI 30,2 kg/m², mean age 48.9±10.3 years), enrolled at the Obesity and Work outpatients Clinic of Policlinico Hospital (Milan), were evaluated serum concentrations of glucose, insulin and triglycerides at 3 times: after an overnight fast; 2 hours after administration of GoJuvo (40g in 300ml of plain water); 2 hours after a Mediterranean standard meal (60% carbohydrates, 15% lipids and 25% proteins).

Results: expressed as mean ± SD and, in brackets, percentage of mean delta values of parameter's change

Basal post GoJuvo post prandiumGlucose 92.5 ± 10.3 87.5 ± 12.3 (+2.8%) 93.4 ± 26.1 (+ 10%)Insulin 10.5 ± 8.1 12.2 ± 14.8 (+ 33.5%) 51.3 ± 68.6 (+ 424%)Triglycerides 100.9 ± 39.8 93.2 ± 36.8 (+2.7%) 113 ± 62.8 (+ 52%)Mean delta value (percentage) of increase in glycaemia, insulin and triglycerides was lower after GoJuvo administration than after standard Mediterranean meal.

Conclusions: Our data suggest that metabolic modulation of GoJuvo is better than that of post-prandium: the 60% of integral rice contained in 40 g of GoJuvo, mixed with other vegetables and fruit, exerts a good modulation in glucose metabolism and on postprandial iperlipemia.