METABOLIC MODULATION OF A NATURAL VEGETARIAN
SUBSTITUTIVE RAW MEAL

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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 gly-
caemia, insulin and triglycerides was lower after GoJuvo administra-
tion 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 con-
tained in 40 g of GoJuvo, mixed with other vegetables and fruit,
exerts a good modulation in glucose metabolism and on postprandial
iperlipemia.