

Search Document



Volume 3 Supplement 1 April 2011

# Journal of Diabetes

Edited by:  
Zachary T. Bloomgarden, USA  
Guang Ning, China




Madrid 2011



4th International Congress on  
**PREDIABETES and the METABOLIC SYNDROME**  
MADRID, SPAIN  
APRIL 6–9, 2011  
**ABSTRACT BOOK**

ISSN 1753-0393

[wileyonlinelibrary.com/journal/jdb](http://wileyonlinelibrary.com/journal/jdb)

 **WILEY-  
BLACKWELL**



## **METABOLIC MODULATION OF A NATURAL VEGETARIAN SUBSTITUTIVE RAW MEAL**

L. Vigna<sup>1</sup>, C. Novembrino<sup>2</sup>, R. de Giuseppe<sup>2</sup>, F. de Liso<sup>2</sup>,  
R. Maiavacca<sup>3</sup>, F. Bamonti<sup>2</sup>

*<sup>1</sup>Medicina del Lavoro 1, Fondazione Ospedale Maggiore Policlinico, Milano, <sup>2</sup>Scienze Mediche, Università degli Studi di Milano, Ospedale 'Ca' Granda' Policlinico IRCCS Milano, <sup>3</sup>Laboratorio 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/m<sup>2</sup>, 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 prandium  
Glucose 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 hyperlipemia.