

**EFFECT OF THE FAT CONTENT OF THE EVENING MEAL
ON POSTPRANDIAL GLYCAEMIA OBSERVED IN A
TOLERANCE TEST PERFORMED ON THE NEXT MORNING**

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Two types of experimental studies were conducted on healthy (H) and noninsulin-dependent diabetic (NIDDM) Volunteers: these involving oral glucose tolerance test (GTT) (n=23H, 7 NIDDM). The experimental designs of GTT and MTT experiments were identical. Either of these consisted of two tolerance tests at one week's interval. On the evening before the experimental tests, he had an identical dinner with 50 g butter in addition. The volunteer reported for the tolerance test after a 12 h over night fast. For GTT experiments, 50 g glucose was administered orally. For MTT experiments, 50 g carbohydrate was given in the form of white bread. There was no significant difference between the control and experimental tolerance tests in any group with respect to incremental plasma glucose level at any point in time on area under the 2-h glucose curve. The study suggests that additional dietary fat does not affect the outcome of a tolerance test performed 12 h later. Hence variation in the fat content of the meal taken on the evening before a tolerance test does not explain the poor reproducibility of tolerance test.