

**GLYCEMIC INDEX OF VARIOUS CONVENTIONAL
CARBOHYDRATE FOODS
MANI U.V., BHATT S., SHAH V.,* MEHTA N.C.* & MANI I.**

*Deptt. Foods and Nutrition and Deptt. of Medicine,
Medical College, M.S. University Baroda-390002.

Glycemic index was determined in thirty six Non-Insulin-Dependent Diabetes Mellitus patients who were fed 50 gms carbohydrate portions of six different Indian conventional recipes which included rice, rice legume (Bengal gram, peas and green gram) combination and rice-pulse (Green gram dal and red gram dal) combinations. In addition to glycemic index, triglyceride response of these recipes were also determined. The results indicated that the glycemic index was the highest for rice whereas rice legume combination had lower glycemic indices than rice-pulse combinations. Post-prandial (24) triglyceride rise was highest for rice and lowest for rice-peas combination. Remaining recipes showed varied lipemic response.