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## Abstract #49 UTILITY OF FLASH GLUCOSE MONITORING TO DETERMINE GLUCOSE LOAD IN PATIENTS WITH TYPE 2 DIABETES

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AS051-Glucose Sensors

Abstract Submission

### Background and Aims

Postprandial glycemic load (GL) is difficult to quantify accurately in a determined food. We previously showed that sourdough bread, compared to a bread with yeast for bread making elicits a lower postprandial glycemic and insulinemic response.. **AIMS:** to evaluate in T2DM patients: 1) GL to three different doughs : X = prepared with a functional alkaline water, Y= Sourdough Bread (Y) and W = commercial leavening; 2) the utility of flash glucose monitoring (FGM) to measure GL.

### Methods

Ten T2DM on diet (6 Males, diabetes duration  $10,8 \pm 3,8$  years with no complications, HbA1c less than 7.0%), after 12 hours fasting , consumed 180 grams study breads leavened for 48 (X), 8 (Y) and 2 hours (W) with 250 ml water (random order, single blind, in different days). All patients had a Fast Glucose Monitoring running from three days before the first test. Insulin was determined by capillary blood (10-12 drops) obtained at basal and at the peak glucose concentration.

### Results

GL, peak glucose and peak insulin concentration were significantly ( $p < 0.05$ ) lower for X and Y vs W, without significant differences between X and Y.

### Conclusions

1) bread with alkalized water has the same low GL of Sourdough Bread compared to traditional bread with an easier management of the leavening / maturation period, 2) FGM is a reliable method for determining the glycemic load in response to a carbohydrate meal in type 2 diabetic patients.

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