

A PRELIMINARY STUDY OF THE BLOOD SUGAR LEVEL IN RESPONSE TO
A MEAL WITH POLISHED AND UNPOLISHED RICE FLOUR

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A B S T R A C T.

Four males and five females were given carbohydrate meals (rice stringhoppers) with different fibre contents. They were prepared from polished & unpolished rice & contained same quantities of starch, but varying in the cellulose content. Their blood sugar was estimated before and one hour after the meal.

The administration of carbohydrate meals prepared from polished & unpolished rice led to an increase in the blood sugar level. However, the mean blood sugar level increased from 74.7 mg/dl to 94.62 mg/dl with the intake of stringhoppers prepared from polished rice flour and from 67.44 mg/dl to 78.84 mg/dl with the intake of stringhoppers prepared from unpolished rice flour. There was a significant dif-

ABSTRACT - BLOOD SUGAR LEVEL (CONTD)

between polished and unpolished rice flour, with a mean value of 19.94 mg/dl & 11.39 mg/dl respectively.

The Results also show that the increase was more for males than for females and further studies must be carried out to confirm this observation.