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Researchers conduct food study for diabetes

25 August 2017 | News

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With reports that over a fifth of the Emirati population suffers from diabetes, common foods like types of fried bread, rich rice dishes or sago seeds with ghee have come under increasing scrutiny for harmful effects.

The study analysed some popular dishes to assess their glycaemic index and load values. It is the first research to assess Emirati foods exclusively. Glycemic index (GI) indicates whether foods raise blood glucose quickly, moderately, or slowly, helping diabetics to manage their condition and their diet.

Previous research has shown that low GI foods can particularly help those with type-2 and keep their glucose levels under control. The current research revealed that foods such chebab bread, chicken biryani, habba hamra have low GI; Arabic bread, khabisa, balalet have medium GI; while regag bread, fendal, beef thareed and arseyah are high GI values foods.

The study also involved researchers from Yong Loo School of Medicine in Singapore and Oxford University.