

RECOMMENDATION

- The specific metabolic responses to these common carbohydrate rich foods can be tested in glucose intolerant patients with both insulin dependence and insulin resistance to understand the quality and quantity of carbohydrate, suitable for specific health condition, to have better glycemic control.
- The glycemic and insulin response to CHO in presence of specific amount of other macronutrients or dietary fiber can be studied to know the specific impact of co-nutrients on postprandial glycemic effect of CHO to extend the knowledge of nutrient effect in complex foods.