

Tastermonial Food Comparisons: Goodidea Drink

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2021-09-03

Good Idea®

GoodIdea®, “the Swedish sugar buster”, is a sparkling soft drink formulated with a proprietary blend of ingredients that claims to lower overall glucose levels when consumed before a meal. How well does it work for me?



My Personal Science Experiment

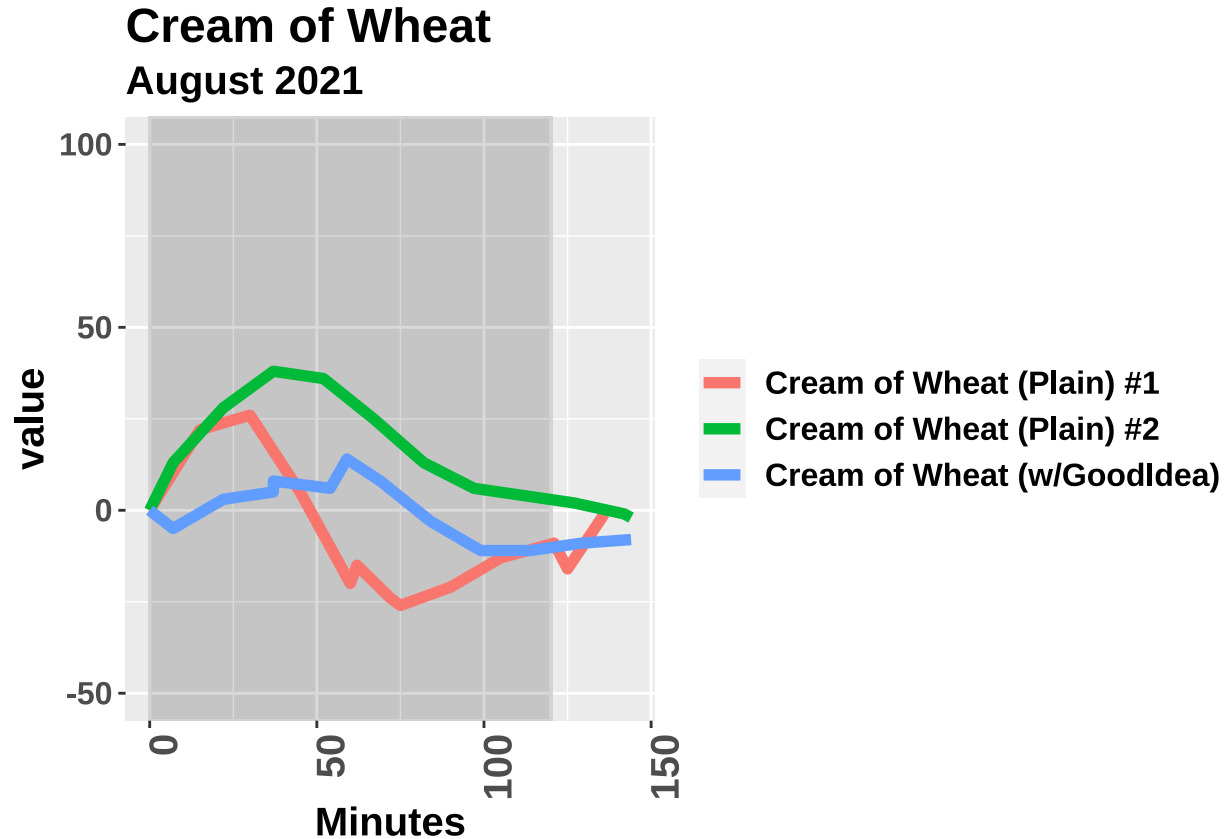
Wearing a continuous glucose monitor (CGM) on three different mornings on an empty stomach, I ate a bowl of Cream of Wheat mixed with 1/4 cup heavy cream and 1 TBS butter. This meal is about 500 calories, including 50g of net carbs and 35g of fat. I wanted a food that is generally considered “healthy”, with no sugar content, but high carb. I served it with a generous amount of fat to avoid significant glucose spikes.

I finished within five minutes and then I remained as sedentary as possible for the next two hours.



On one of those mornings I drank a can of Good Idea® fifteen minutes before the meal.

meal	auc	min	max	rise
Cream of Wheat (Plain) #1	-587.0	73	125	-16
Cream of Wheat (w/GoodIdea)	516.5	83	108	19
Cream of Wheat (Plain) #2	540.5	85	125	-15



This chart shows an obvious spike soon after plain Cream of Wheat meals, climbing at least 20 points within the first half hour. (Note: the values here are normalized so all meals start at 0). By contrast, the meal that followed a glass of Good Idea® seemed more stable.

In both of the plain meals, my glucose level was actually *lower* at the end than at the beginning, a “sugar crash” after eating such a high carbohydrate load. Good Idea®, on the other hand, gave no such crash.

Conclusions

With such a small sample, we can’t say definitively but the relatively small rise on the Good Idea® day points to *some* effect.