

Table 3 - GLYCAEMIC RESPONSES IN TYPE 1 DIABETIC PATIENTSMeal composition^a

Food	Weight	Energy		Starch	Sugars	Dietary fibers	Fat	Protein
	(g)	(kcal)	(kj)	(g)	(g)	(g)	(g)	(g)
Rice parboiled, raw	50	181	768	43.4	Tr	1.2	0.5	3.3
Spaghetti, white raw	50	189	806	40.7	1.4		0.5	6.8
Potatoes, old raw	200	174	744	40.6	1.0	4.2	0.2	4.2

^a In addition, each meal contained 250 ml water.

close window