

GREENWHEAT FREEKEH *Food in Asia PROJECT*

CSIRO
Health Sciences and Nutrition

A report for Greenwheat Freekeh™ Pty Ltd

Evaluation of the Glycaemic Index, Glycaemic Load and Insulin Response of Wholegrain and Cracked Wheat Freekeh™

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respectively. The difference between Cracked freekeh™ and Wholegrain freekeh™ was statistically significant (P=0.049).

6. SUMMARY

Both Freekeh™ products fall in the “low GI” category. Wholegrain freekeh™ had the lowest GI at 43 units while the Cracked freekeh™ had a GI of 55 units. These figures are lower than published values for similar products such as couscous (GI=65), calrose rice (GI=83) and basmati rice (GI=58).

The insulin response to both Freekeh™ products was also exceptionally favourable with a pronounced suppression of insulin release relative to glucose by 64-72%.

A low GI together with a low insulin response to ingestion of both Freekeh™ products suggests that they may be helpful in the prevention and management of type 2 diabetes.

7. REFERENCES

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