



Avaliação da glicemia após sobrecarga oral de batata-doce em pó, maltodextrina ou waxy maize [

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text (article)

Analítica

Introduction and Objective: Powder sweet potato has been introduced in the Brazilian market as a supplement source of slow absorption carbohydrate, however, there are no studies showing the glycemic response provided by it is unknown. Thus, the purpose of this study is to evaluate the two-hour glycemia, after the consumption of powder sweet potato supplement and compares it with maltodextrin and a waxy maize. **Materials and Methods:** Eleven subjects ingested 75 g of carbohydrate from powder sweet potato (BD), maltodextrin (MD) or waxy maize (WM) at different times. Fasting blood glucose was measured and at 15, 30, 45, 60, 90 and 120 minutes after ingestion. The difference between the glycemia means of each condition and over time was analyzed through the ANOVA test for repeated measures. **Results:** BD consumption demonstrate a different glycemic response to MD at moments 15, 30 and 45 minutes ($p < 0.01$). There was no difference between BD and WM. **Conclusion:** The two-hour glycemia, resulting from the consumption of powder sweet potato is lower than that obtained by maltodextrin, but similar to that of waxy maize

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