

# Glycemic Response of Cereal Using a Meal Tolerance Test in Subjects with Type 2 Diabetes.<sup>1</sup>

## Study Purpose

A clinical study was performed with:

- Corn flakes
- Glucerna® Crunchy Flakes

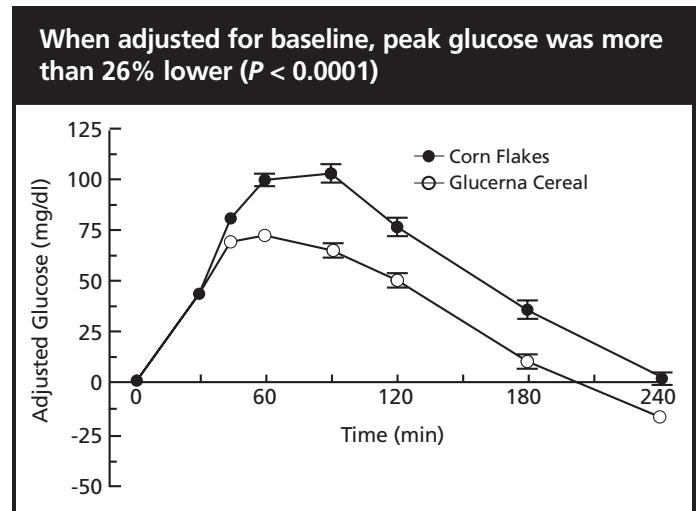
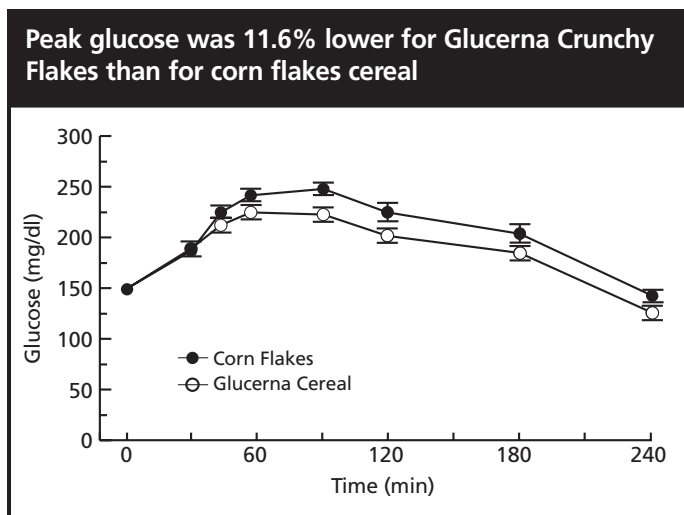
The study was a randomized, double-blind, multicenter oral meal tolerance test (MTT) to compare the glucose and insulin responses of the two study products in subjects with type 2 diabetes.

## Study Design

The study was a two-way crossover, meaning that each subject consumed both study products, thereby serving as his/her own control. Subjects between the ages of 36 and 75 years were randomized to undergo two MTTs after consuming 2 servings of cereal (2 cups/56 grams of corn flakes or 1½ cups/60 grams of Glucerna Crunchy Flakes) with 1 cup (245 grams) of skim milk. Each MTT provided a total of 60 grams of carbohydrate. None of the subjects used insulin to manage blood glucose. Antihyperglycemic medications were withheld during the morning of each MTT to help minimize any confounding effects due to variability in pharmacotherapy.

## Results

Data were analyzed on a total of 72 subjects. The graphs below show the mean (average) blood glucose values of the study subjects and their associated standard errors.



Similar results were noted for serum insulin values. No unexpected events occurred, and there were no gastrointestinal-related complaints.

## Conclusions

Glucerna Crunchy Flakes produced 11.6% lower postprandial peak glucose in subjects with type 2 diabetes compared to a corn flakes cereal. Glucerna Cereal is an appropriate meal choice for use under medical supervision as part of a diabetes management plan.

<sup>1</sup>Study BJ78. Glycemic response of cereal using a meal tolerance test in subjects with type 2 diabetes. Ross Products Division, Abbott Laboratories, July 2006.