

Dates And Glycemic Index

Elhadi M. Yahia

Benefits of Dates Jenny Smith, AI, 2025-02-14 Benefits of Dates explores the surprisingly diverse health benefits of dates, positioning this often-overlooked fruit as a powerful addition to a health-conscious lifestyle. The book reveals how dates, a staple in many cultures for centuries, are now being validated by modern science for their rich array of vitamins, minerals, and antioxidants. For example, the book highlights the potential of dates to aid in managing conditions like constipation as well as their impact on reducing oxidative stress, a key factor in neurological and heart conditions. The book begins by detailing the nutritional composition of various date varieties and progresses to explore their impact on digestive health, emphasizing the role of fiber in promoting a healthy gut. It further investigates the potential cognitive and cardiovascular benefits derived from the antioxidant properties of dates. Practical tips, recipes, and meal plans are included to help readers seamlessly integrate dates into their daily routines, emphasizing responsible consumption guidelines.

Glycemic Indices of Different Varieties of Dates in Patients with Type 2 Diabetes and Healthy Subjects Using CGMS amin noha, 2017 Background Dietary control is one of the cornerstones in the management of diabetes. The high consumption of dates in the Middle East region raises the question about its glycemic index and its effect on the glycemic control of patients with type 2 diabetes. Aim This study was designed to determine the glycemic indices of commonly used varieties of dates alone or in mixed meals in healthy subjects compared to patients with type 2 diabetes mellitus. The study aimed to assess the effect of dates on postprandial glucose excursions in individuals with type 2 diabetes mellitus and to determine the time of peak of blood glucose for each type of date using continuous glucose monitoring system (CGMS). Method The study included twenty patients with type 2 diabetes of mean age (38.55 ± 7.07 years) who were on therapeutic lifestyle therapy and/or metformin (HbA1c 7-8%) and twenty healthy subjects who were age, sex and body weight matched. Minimed-530g-diabetes-system-with-enlite was used for continuous glucose monitoring. Each meal was consumed within 15 minutes. No drinks were taken one hour before the meal start and two hours afterwards. Composition analysis was carried out for nine date-containing meals alone or mixed. The weights of the flesh of the date meal equivalent to 50 g of available carbohydrates were calculated as shown in table (1). The glycemic indices were determined as ratios of the incremental areas under the response curves for the dates compared to that of glucose. Statistical analysis was done using the Mann-Whitney U test and repeated measures analysis of variance. Type of date Average weight of each date Glucose

contenttNumber of dates usesRutabt28t5.2t10Zaghlout29t5.5t9Samanit31t4.3t11Ajwah with butttert18.5t5.6t9Tamr with milkt22.5t6.5t8Tamr with coffeet22.5t6.5t8Ajwaht18.5t5.6t9Tamrt22.5t6.5t8Tamr in watert22.5t6.5t8Glucoset t t

ResultsThere were no statistically significant differences in the GIs between the control and the diabetic groups for the studied meals as shown in table (2)

Glycemic index (Area)	Patients (n= 20)	Control (n= 20)	MWtp
Rutabt	27.89	u00b1 8.34	t24.42
u00b1 7.42	t1.136	t0.256	Zaghlout
54.24	u00b1 13.80	t50.56	u00b1 8.57
t0.784	t0.433	Samanit	30.94
u00b1 9.54	t28.89	u00b1 9.82	t0.893
t0.372	Ajwah with butttert	31.12	u00b1 6.65
t30.12	u00b1 9.37	t0.839	t0.402
Tamr with milkt	36.31	u00b1 7.17	t34.02
u00b1 24.77	t1.677	t0.094	Tamrt
31.08	u00b1 7.36	t27.02	u00b1 16.30
t1.001	t0.317	Ajwaht	29.21
u00b1 8.59	t22.58	u00b1 18.67	t1.407
t0.160	Tamr with coffeet	37.30	u00b1 11.15
t34.56	u00b1 18.29	t0.893	t0.372
Tamr with watert	15.71	u00b1 7.66	t13.56
u00b1 8.21	t0.839	t0.402	

There was a statistically significant difference between both groups according to the time of peak blood glucose; where Tamr with coffee in the diabetic group had the fastest time of peak blood glucose (16.9u00b111.86) minutes compared to a peak at (126.2u00b1134.217) minutes in the control group. While the addition of butter to Ajwah slowed the time of peak blood glucose (116.4 u00b1 33.61) minutes in diabetics compared to 177.1u00b111.94 minutes in the control group. DiscussionThese findings point to the value of using CGMS -beyond glycemic index calculation -to study the postprandial glucose excursions and the time of peak blood glucose on consumption of dates among patients with diabetes. The studied types of dates have low glycemic indices when used alone or in mixed meals and did not result in significant postprandial glucose excursions.

Dates Muhammad Siddiq, Salah M. Aleid, Adel A. Kader, 2013-09-17 Dates are an important fruit, especially in many African, Middle-Eastern and Asian countries. In recent years this fruit has gained significant importance in terms of global commerce. During the period 1990–2009, global production of dates saw an increase of 219% and this trend is expected to continue as per FAO projections. Some of the major challenges confronting date fruit production and commerce are issues related to postharvest handling technologies, use of appropriate processing and packaging technologies, food safety aspects and quality assurance. Dates: Postharvest Science, Processing Technology and Health Benefits provides contemporary information that brings together current knowledge and practices in the value chain of dates, from production through to consumption. The important book published by Wiley Blackwell features coverage from leading experts on innovative processing technologies, packaging, quality management and pest control for dates. It is the only book to address the science and technology of the postharvest production of dates, a commercially important and growing sector of the food industry.

Fruit and Vegetable Phytochemicals Elhadi M. Yahia, 2017-11-06 Now in two volumes and containing more than seventy chapters, the second edition of Fruit and Vegetable Phytochemicals: Chemistry, Nutritional Value and Stability has been greatly revised and expanded. Written by hundreds of experts from across the world, the chapters cover diverse aspects of chemistry and biological functions, the influence of postharvest technologies, analysis methods and important

phytochemicals in more than thirty fruits and vegetables. Providing readers with a comprehensive and cutting-edge description of the metabolism and molecular mechanisms associated with the beneficial effects of phytochemicals for human health, this is the perfect resource not only for students and teachers but also researchers, physicians and the public in general.

14th International Diabetes Federation Congress International Diabetes Federation. Congress,1991

Ann Louise Gittleman's Guide to the 40-30-30 Phenomenon Ann Louise Gittleman,2001-11-05 A leading nutritionist offers a safe, effective, and proven alternative to yo-yo dieting The nation's recent fat-free health craze has resulted in obesity levels up 30 percent, unchanged heart disease rates, an increase in diabetes, and a sugar consumption rate of 150 pounds per year per American! Anne Louise Gittleman's Guide to the 40/30/30 Phenomenon offers a more effective approach to healthy eating and permanent weight loss. The 40/30/30 diet provides a balance of complex carbohydrates, protein, and fat devised to make the best use of the body's hormonal responses to food, thereby regulating blood sugar, reducing stored fat, and preventing hunger and cravings. Time-tested, this user-friendly approach to restored health can be adjusted to fit an individual's biochemical makeup, including blood type. Highlights include: Latest research on essential fats and CLA (conjugated linoleic acid) Glycemic index of more than 100 food items Up-to-date information on carbohydrate-connected disorders including diabetes and Syndrome X 21-day 40/30/30 program for various caloric needs

Dietary Glycemic Index and Glycemic Load in Relation to Markers of Oxidative Stress and Inflammation Youqing Hu,2006

Nutritional Quality and Glycemic Index of Three Different Varieties of Omani Dates Yusra Said Moosa Al-Kindy,2000

Glycemic Index, Glycemic Load and Risk for Obesity and Metabolic Syndrome in Young Adults Shujun Gao,2006

The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant Jorge Chavarro,Walter C. Willett,Patrick J. Skerrett,2009-04-27 New research from the world-famous Nurses Health Study reveals what women eat can improve their fertility Two of the researchers of the highly respected Nurses Health Study distill the wisdom of this groundbreaking research into 10 easy-to-follow principles. The book shows you how to choose the best fats, carbs, and proteins, cut back on coffee and alcohol, and, best of all, enjoy your favorite foods like ice cream all to boost ovulation and increase the odds of getting pregnant.

The Wise Passage Menopause Guide Janene Brenneman,2006 From Wise Passage - a leader in midlife women's health, comes this informative, authoritative, and empowering handbook for any woman experiencing The Change. The Wise Passage Menopause Guide offers a comprehensive, outline format resource to navigate menopause-related topics with ease: from the real truth about hormone therapy to symptom treatment and the mind-body connection. With this groundbreaking guide, women will find tools to discover personalized symptom relief, prevent disease in midlife and promote a healthy lifestyle that will see them thriving through menopause and beyond--Back cover.

Diabetes Sourcebook Karen Bellenir,1999 New edition of a text that provides information on diabetes, divided into sections on diabetes prevalence, types of diabetes and related disorders, diabetes management, the role of diet and exercise in diabetes management, insulin and other diabetes medicines, complications of diabetes, research initiatives, and additional help and information. This edition features consumer health information for the different types of diabetes, new recommendations for diabetes management and self-care, and reports on recent research initiatives. Annotation copyrighted by Book News, Inc., Portland, OR

The Jungle Effect Daphne Miller, M.D.,2008-04-29 Traces the author's tour to the homelands of numerous cuisines in search of foods that taste good while remaining healthy, in a treasury of travel adventures, food-expert interviews, indigenous recipes, and nutritional secrets.

The what to Eat If You Have Heart Disease Cookbook Daniella Chace,2000 The What to Eat If You Have Heart Disease Cookbook is for anyone who has been diagnosed with any form of cardiovascular disease - from hypertension to atherosclerosis. It is for every patient, family member, and caregiver who is interested in learning about and cooking with the many flavorful ingredients that have profound benefits in the treatment and prevention of heart disease. Through her extensive research, Daniella Chace has developed great-tasting meals filled with nongenetically altered and organic foods, high-quality foods, soy foods, and whole grains. The book will show you how to create such delicious dishes as: Cheesy Tortillas, Sweet Corn Bread, Moroccan Chicken and Couscous Stew, Spinach Caesar Salad, Pina Colada Smoothie, Creamy Garlic Potato Soup, Roasted Salmon, Zesty Garlic Peppers, Apple Cobbler, and Chili con Tempeh.--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

Saudi Medical Journal ,1992

Going Forward ,2002

Rosemary Conley's Low Fat Cookbook Rosemary Conley,1999 Now in paperback, Rosemary Conley stresses the need for a healthy lifestyle to be combined with healthy, nutritious meals and regular exercise. This book provides all you need to know to produce low-fat food from the start of the day to last thing at night. The recipes include nutritional background plus techniques and hints.

The Fat Flush Plan Cookbook Ann Louise Gittleman,2003-11-27 COMPANION VOLUME TO THE NEW YORK TIMES BESTSELLER THE FAT FLUSH PLAN The popular weight-loss program now has a companion cookbook (Ann Louise Gittleman's) rundown of the therapeutic and culinary benefits of her favorite 25 cooking herbs makes a perfect introduction to her popular nutritional philosophy.--Natural Health Magazine The Fat Flush Cookbook contains more than 200 recipes using fat-flushing foods and featuring the thermogenic herbs and spices--including ginger, cayenne, mustard, anise, fennel, and cinnamon--introduced in the popular diet program The Fat Flush Plan. This indispensable cookbook can be used as either

a standalone volume or a companion book. This tasty, heart-smart volume includes: Time-saving, one-dish dinners Packable lunches Vegetarian-friendly ideas Recipes with delicious and unique fat burning herbs and spices An extended list of name brands suitable for Fat Flushing In addition, The Fat Flush Cookbook shares new research explaining why certain Fat Flush staples speed up fat loss and provide profound detoxifying benefits while protecting overall health. Key ingredients such as lean proteins, phytonutrient-dense vegetables and fruits, psyllium, lemons, flaxseed and flaxseed oil, thermogenic herbs and spices, high-protein whey, stevia, cooking broths, and more are prominently featured in these delicious recipes. Cranberries, for example, which are now ranked among the best health foods we can consume, are an essential component to the success of Fat Flushers everywhere, and The Fat Flush Cookbook provides creative ways to enjoy this delicacy--along with tips on simple ways to sneak all these staples into existing favorites without making any major adjustments. With delicious recipes, Fat Flushing information, and meal choices to suit every lifestyle, The Fat Flush Cookbook is perfect for the millions of Fat Flushers around the country.

Energy Boosters Handbook Sarah Brewer, 2002 Everything you need to know to rejuvenate your body, increase your mental and physical energy, and reclaim your zest for life. How would you rate your physical, emotional, spiritual, or sexual energy? In a market flooded with natural health therapies, *Healing Handbooks: Energy Boosters* is a one-stop resource for rating, strengthening, and healing your body, mind, and spirit. With an illustrated catalog of energy superfoods, diet plans, supplements, and exercise routines for strength and endurance, there is no better place to turn for well-researched and uplifting information.

The Longevity Bible Gary Small, Gigi Vorgan, 2006-06-01 From the author of *The Memory Bible* and *The Memory Prescription*, Dr. Gary Small's exciting, all-encompassing formula for living a longer and better life Bestselling author and expert on aging Dr. Gary Small show us how to live longer, stronger, better lives in his new book, *The Longevity Bible*, by following simple guidelines such as a positive attitude, gratifying relationships, and lifelong education. Comprised of advice on memory fitness, healthy diet, physical conditioning, and stress reduction, *The Longevity Bible* follows the stories of four typical readers in different stages of their lives, and how those lives are improved with his plans.

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