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THE EFFECT OF STEVIA ON LIPID PROFILE AND GLYCEMIC INDEX OF TYPE 2 DIABETIC PATIENTS: A RANDOMIZED CONTROLLED TRIAL

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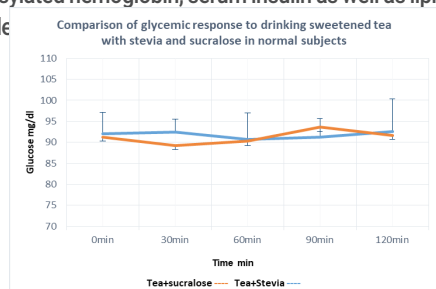


Background & Objective: Nowadays, use of natural calorie-free sweeteners like: natural-based stevia as a suitable alternative for sugar and even artificial sweetener has become important. To compare the effects of stevia-sweet tea or sucralose sweetener on glycemic and lipid indices for type 2 diabetic patients, current study was done accordingly.

Materials & Methods: In order to determine the changes in blood sugar levels using tea or coffee with stevia or sucralose, 8 healthy people were chosen. In intervention phase, a randomized clinical trial on patients with type 2 diabetes (n=39) was implemented and the patients are divided into 2 groups: group consuming stevia sweet tea (1 cup of stevia extract-sweet tea (2%) or divided into 3 meals) and stevia-free tea (accompanied by 1 Tablet of Sucralose) as control. At the beginning of the study, seventh and eighth weeks, the weight and height of the patients were measured and subsequently body mass index was calculated. Weight, height, BMI, glycemic indices, HbA1c, lipid profile and dietary intake of patients were measured at the beginning and end of study.

Results: In the first phase, stevia group showed the same response to their sucralose group. Findings indicated that there was no significant differences between mean changes in fasting blood sugar level and 2-hours' among the diabetic patients for studied group. Comparing the mean changes in insulin and HbA1c levels as well as lipids profile in diabetic patients consuming stevia and sucralose sweet tea, no significant differences was found between two groups during the intervention.

Conclusion: Among diabetic patients, using the stevia-sweet tea (2%) did not affect glucose, glycosylated hemoglobin, serum insulin as well as lipid profiles after 2 months and body mass index.



Biography

Majid Hajifaraji is a Research Associate, Professor in Nutritional Sciences of the National Nutrition and Food Technology Research Institute (NNFTRI), and has served as Dean of Faculty of Nutritional Sciences and Food Technology (FNSFT) from 2010- 2015 and President of Iranian Nutrition Society (INS) from 2011-2015. He has a PhD in Clinical Nutrition program at Kings College, London University.

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