

Clinical Trial Protocol

Iranian Registry of Clinical Trials

28 May 2026

A comparison study on determination of the Glycaemic Index of spaghetti (nole and Semolina made), Lavash bread and Hashemi rice in Tehran

Protocol summary

Summary

This study was conducted to determine GI of spaghetti (ordinary and infused) made from nol and semolina flour in comparison with Hashemi rice and Lavash bread. A total of 12 healthy volunteers with no history of cardiac disease or diabetes participated in this study. Fasting finger stick capillary blood samples were collected from subjects after 12 hours overnight for glucose tolerance test using sterile lancet pen at the baseline immediately before ingestion of 50g D- glucose anhydrate dissolved in 300ml distilled water or 192.3g cooked spaghetti and 185.2g rice which contained 50g carbohydrate portion of the test meal with a 300 ml and at 0, 15, 30, 45, 60, 90 and 120 minutes with a week interval. Glucose solution as a standard was tested at the first and fourth weeks of the study. Blood samples were analyzed using Accu-Check Aviva Blood Glucose Monitoring. The incremental area under the curve was calculated for blood glucose response. The GI values were determined according to FAO/WHO standard method.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201012271597N2**

Registration date: **2011-02-06, 1389/11/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2011-02-06, 1389/11/17

Registrant information

Name

Majid Hajifaraji

Name of organization / entity

National Nutrition & Food Technology Research
Institute of IRAN (NNFTRI)

Country

Iran (Islamic Republic of)

Phone

+98 21 2236 0661

Email address

m39faraji@yahoo.com

Recruitment status

Recruitment complete

Funding source

Zarmacaron Co.

Expected recruitment start date

2010-04-09, 1389/01/20

Expected recruitment end date

2010-06-10, 1389/03/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

A comparison study on determination of the Glycaemic Index of spaghetti (nole and Semolina made), Lavash bread and Hashemi rice in Tehran

Public title

The glycemic index of nol and semolina spaghetti in comparison with Hashemi rice and Lavash bread

Purpose

Basic science

Inclusion/Exclusion criteria

Inclusion criteria: Healthy volunteers with moderate physical activity
Exclusion criteria: Subjects without Heart and Diabetes or blood glucose disorders.

Age

From **18 years** old to **45 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 12

Randomization (investigator's opinion)

N/A

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

National Nutrition & Food Technology Research
Institute of IRAN

Street address

3 Baran, West Arghavan, Farahzadi Blvd., Shahrak
Qods,

City

Tehran

Postal code

1981619573

Approval date

2010-04-21, 1389/02/01

Ethics committee reference number

35

Health conditions studied

1

Description of health condition studied

Area under the curve of blood glucose

ICD-10 code

R73.0

ICD-10 code description

Impaired glucose tolerance

Primary outcomes

1

Description

Blood glucose

Timepoint

15, 30 minutes

Method of measurement

Finger stick capillary blood samples , using sterile lancet
pen using Accu-Check Aviva Monitoring (Japan)

Secondary outcomes

1

Description

Glycemic index

Timepoint

One week interval

Method of measurement

[Test food containing 50g of CHO ÷ corresponding on
area after equiv.-carbohydrate portion of glucose] * 100

Intervention groups

1

Description

Ingestion of 50g D- glucose anhydrate dissolved in 300ml
distilled water in two stages (first and fourth weeks)

Category

Diagnosis

2

Description

Consumption of 192.3g cooked and strained Nol
spaghetti contained 50g carbohydrate portion of the test
meal with a 300 ml

Category

Treatment - Drugs

3

Description

Consumption of 192.3g cooked and infused Nol spaghetti
contained 50g carbohydrate portion of the test meal with
a 300 ml

Category

Treatment - Drugs

4

Description

Consumption of 192.3g cooked and strained semolina
spaghetti contained 50g carbohydrate portion of the test
meal with a 300 ml

Category

Treatment - Drugs

5

Description

Consumption of 192.3g cooked and infused semolina
spaghetti contained 50g carbohydrate portion of the test
meal with a 300 ml

Category

Treatment - Drugs

6

Description

Consumption of 185.2g cooked and infused rice contained 50g carbohydrate portion of the test meal with a 300 ml.

Category

Treatment - Drugs

7

Description

Consumption of 60.31g Lavash bread contained 50g carbohydrate portion of the test meal with a 300 ml.

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Zar Macaron Co.

Full name of responsible person

Dr Majid Hajifaraji - PhD in Clinical Nutrition

Street address

Morghak, After Tawousieh Gas station, Old road Karaj- Qazvin

City

Karaj

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Zar Macaron Co.

Full name of responsible person

Afshinpajouh- Amin Yagoubi

Street address

Morghak, After Tawousieh Gas station, Old road Karaj- Qazvin

City

Karaj

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Zar Macaron Co.

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

National Nutrition & Food Technology Research Institute of IRAN

Full name of responsible person

Dr Majid Hajifaraji

Position

PhD in Clinical Nutrition, Research Assistant Prof.

Other areas of specialty/work

Street address

3 Baran, West Arghavan, Farahzadi Blvd., Shahrak Qods,

City

Tehran

Postal code

1981619573

Phone

+98 21 2236 0661

Fax

+98 21 2236 0660

Email

m39faraji@yahoo.com m.hajifaraji@nnftri.ac.ir

Web page address

<http://www.nnftri.ac.ir>

Person responsible for scientific inquiries

Contact

Name of organization / entity

National Nutrition & Food Technology Research Institute of IRAN

Full name of responsible person

Dr Majid Hajifaraji

Position

PhD in Clinical Nutrition, Research Assistant Prof.

Other areas of specialty/work

Street address

3 Baran, West Arghavan, Farahzadi Blvd., Shahrak Qods,

City

Tehran

Postal code

1981619573

Phone

+98 21 2236 0661

Fax

+98 21 2236 0660

Email

m39faraji@yahoo.com m.hajifaraji@nnftri.ac.ir

Web page address

<http://www.nnftri.ac.ir>

Person responsible for updating data

Contact

Name of organization / entity

National Nutrition & Food Technology Research
Institute of IRAN

Full name of responsible person

Dr Majid Hajifaraji

Position

PhD in Clinical Nutrition, Research Assistant Prof.

Other areas of specialty/work

Street address

3 Baran, West Arghavan, Farahzadi Blvd., Shahrak
Qods,

City

Tehran

Postal code

1981619573

Phone

+98 21 2236 0661

Fax

+682 122360660

Email

m39faraji@yahoo.com m.hajifaraji@nnftri.ac.ir

Web page address

<http://www.nnftri.ac.ir/>

Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty