

# 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,

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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

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## 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

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**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*