

Clinical Trial Protocol

Iranian Registry of Clinical Trials

16 Sep 2026

Comparing the effect of consuming dates, raisins, and sugar on blood glucose in patients with type 2 diabetes

Protocol summary

Summary

The study was a single-arm clinical trial. Participants were 15 patients with type 2 diabetes (5 males and 10 females) whose HbA1c was <7% and used metformin as the controlling agent. Experiments were performed on 3 separate days, each day with one type of snack. At least one week was set between experiments. Each experimental day, fasting blood glucose was initially measured. Then, an equal amount of breakfast was given to the participants and 2 hours later blood glucose was measured again. Afterwards, the patients consumed a snack, which contained 15 grams of available carbohydrate (i.e. tea with dates, tea with raisins, or tea with sugar) and their postprandial blood glucose was measured at 30, 60, and 120 minutes. Blood glucose was measured using a glucometer and each measurement was performed in duplicate.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014112920140N1**

Registration date: **2015-01-03, 1393/10/13**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-01-03, 1393/10/13

Registrant information

Name

Sahar Foshati

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71372510015

Email address

foshatis@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-06-22, 1393/04/01

Expected recruitment end date

2014-08-23, 1393/06/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparing the effect of consuming dates, raisins, and sugar on blood glucose in patients with type 2 diabetes

Public title

Comparing the effect of consuming dates, raisins, and sugar on blood glucose in patients with type 2 diabetes

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: suffering from diabetes mellitus type 2 (FPG $\geq$ 126 mg/dl), diabetes record of less than 10 years, taking metformin for the control of diabetes, glycosylated hemoglobin (HbA1c) less than 7%, and willingness to participate in the study. Exclusion criteria: morbid obesity (BMI $\geq$ 40 kg/m²), pregnancy, alcohol consumption, smoking, use of steroidal drugs such as prednisolone, recent use of antibiotics, taking levothyroxine, stress or severe pain, heart attack in the prior 6 months, severe gastrointestinal disorders, gastrointestinal surgery, a history of gastroenteritis in

the prior 6 months, severe liver or kidney failure and cancer.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 15

Randomization (investigator's opinion)

N/A

Randomization description**Blinding (investigator's opinion)**

Not blinded

Blinding description**Placebo**

Not used

Assignment

Single

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethics Committee of Shiraz University of Medical Sciences

Street address

Central Building of Medical Sciences University, Zand Avenue

City

Shiraz

Postal code**Approval date**

2014-05-11, 1393/02/21

Ethics committee reference number

CT-P-9362-6712

Health conditions studied**1****Description of health condition studied**

Type 2 diabetes mellitus

ICD-10 code

E11

ICD-10 code description

Non-insulin-dependent diabetes mellitus

Primary outcomes**1****Description**

Blood glucose

Timepoint

Fasting, 2 hours after consuming breakfast, and 30, 60 and 120 minutes after consuming snack in every three day of study

Method of measurement

Using the Glucocard 01 glucometer

Secondary outcomes

empty

Intervention groups**1****Description**

Snacks: 150 ml tea + dates, raisins, or sugar (each one contained 15 grams of available carbohydrate). The intervention was performed on three separate days, each day with one of the aforementioned snacks.

Category

Lifestyle

Recruitment centers**1****Recruitment center****Name of recruitment center**

Diabetes Center of Fatemeh Alzahra Clinic

Full name of responsible person**Street address****City**

Shiraz

Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Vice Chancellor for Research of Shiraz University of Medical Sciences

Full name of responsible person

Mr. Kambiz Eskandari

Street address

Central Building of Medical Sciences University, Zand Avenue

City

Shiraz

Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Vice Chancellor for Research of Shiraz University of Medical Sciences

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**

Shiraz University of Medical Sciences

Full name of responsible person

Sahar Foshati

Position

Postgraduate student of nutrition sciences

Other areas of specialty/work**Street address**

School of Nutrition and Food Sciences, Razi Blvd.

City

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Web page address**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Shiraz University of Medical Sciences

Full name of responsible person

Dr. Masoumeh Akhlaghi

Position

Assistant professor - Faculty member

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Web page address**Person responsible for updating data****Contact****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