

Clinical Trial Protocol

Iranian Registry of Clinical Trials

12 Jul 2026

Effects of whey proteins on glycemic index, glycemic load and satiety index of potato

Protocol summary

Summary

Reduce the glycemic index (GI) and glycemic load (GL) and increase satiety index (SI) of foods is useful in controlling blood sugar and weight control. The aim of the present index study was to examine the effects of whey protein on glycemic index and glycemic load and satiety index of potato. To determine the GI and GL, 10 healthy subjects in 4 different days within a week will participate in the study. After 10 to 12 hours fasting, glucose solution containing 50 g glucose /mashed potato/potato + 4.5 gr of whey protein or potatoes + 9 gr of whey protein that contains 50 gr of carbohydrates are given to individuals. Fasting blood sugar after 15 minutes to 120 minutes to be measured. GI and GL will be calculated using the formula. To determine the SI, 20 healthy subjects in 4 different days will participate in the study in random order. Satiety rating will be evaluated before and every 15 minutes after eating white bread (reference) or potatoes or potato + whey protein using Visual Analogue Scales. Then the satiety index will be calculated from the formula.

General information

Acronym

GI&GL&SI

IRCT registration information

IRCT registration number: **IRCT2015122325671N1**

Registration date: **2016-01-20, 1394/10/30**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2016-01-20, 1394/10/30

Registrant information

Name

Hadi Sadeghi

Name of organization / entity

Ahvaz Jundishapur University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 611336754360

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Recruitment status

Recruitment complete

Funding source

Ahvaz Jundishapur University Of Medical Sciences

Expected recruitment start date

2015-04-21, 1394/02/01

Expected recruitment end date

2015-05-22, 1394/03/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effects of whey proteins on glycemic index, glycemic load and satiety index of potato

Public title

Effects of whey and potato on blood glucose and satiety rate

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria: 18 to 30 Years old; Healthy body condition
Exclusion: Smoking; Fatty liver; Overweight; Special drug consumption; Gastrointestinal disease; Chronic disease

Age

From **18 years** old to **30 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

N/A

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

Single blinded

Blinding description**Placebo**

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

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

Ahvaz Jundishapur University Of Medical Science

Street addressAhvaz Jundishapur University Of Medical Science,
Golestan highway**City**

Ahvaz

Postal code

61357-15794

Approval date

2015-07-23, 1394/05/01

Ethics committee reference number

IR.AJUMS.REC.1394.255

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

diabetes mellitus

ICD-10 code

E10,E11,E1

ICD-10 code description

diabetes mellitus

2**Description of health condition studied**

obesity

ICD-10 code

E65,E66,E6

ICD-10 code description

obesity and hyperalimentation

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

Plasma glucose

Timepoint

The beginning of the study, seventh day, The fourteenth day, Twenty-first day

Method of measurement

With glucometer

2**Description**

satiety rate

Timepoint

The beginning of the study, seventh day, The fourteenth day, Twenty-first day

Method of measurement

vas questionnaire

Secondary outcomes

empty

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

4.5 gr whey protein, twice, between one week to three weeks

Category

Other

2**Description**

9 gr whey protein, twice, between one week to three weeks

Category

Other

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

Ahvaz Jundishapur University Of Medical Science

Full name of responsible person

Dr.Shishehbor Farideh

Street addressAhvaz Jundishapur University Of Medical Science,
Golestan highway**City**

Ahvaz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz Jundishapur University Of Medical Science

Full name of responsible person

Dr. Karandish Majid

Street address

Ahvaz Jundishapur University Of Medical Science,
Golestan highway

City

Ahvaz

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

Yes

Title of funding source

Ahvaz Jundishapur University Of Medical Science

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**

Ahvaz Jundishapur University of Medical Sciences

Full name of responsible person

Sadeghi Hadi

Position

Nursing expert

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

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PhD Nutrition

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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