

Clinical Trial Protocol

Iranian Registry of Clinical Trials

30 May 2026

Survey glycemic index, glycemic load and satiety index of cookies prepared from white wheat flour and whole oleaster powder In healthy people

Protocol summary

Study aim

Determination of glycemic index, glycemic load and satiety index of cookies prepared from white wheat flour and whole oleaster powder In healthy people

Design

Randomized, not blinded, clinical trial in Phase 3 and for the determining the satiety index 30 healthy individuals are sufficient.

Settings and conduct

In this study will be participate 10 healthy people for determining the glyceamic index(GI) and load(GL), and 20 healthy people for determining the satiety index(SI). At the begining, people are referred to the laboratory after 10-12 hours fasting and a FBS sample is taken from them. Then glucose solution, cookies containing white flour, white flour mixed by whole oleaster powder (with different proportions) are given to individuals. then, for determinding of the GI and GL, blood samples will be taken at intervals of 30, 15, 45, 60, 90 and 120 minutes after eating. and for determinding of SI, the questionnaire will determine the amount of satiety of individuals at fasting times and every 15 minutes to 120 minutes after eating bread containing white flour and cookies containing white flour, white flour mixed by whole oleaster powder (with different proportions).

Participants/Inclusion and exclusion criteria

Inclusion criteria: Both sexes! ages 20-40 years! FBS levels (< 110 mg / dl) and BMI(18.5 to 24.9 kg / m²) within the normal range! following a common diet
exclusion criteria: Pregnancy! Breast feeding! the use of drugs and diseases that affect the metabolism of blood sugar and the amount of the satiety and hunger

Intervention groups

Healthy people consume white bread, cookies prepared from white wheat flour and whole oleaster powder.

Main outcome variables

Glycemic index; glycemic load; satiety index

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20181016041362N1**

Registration date: **2018-11-19, 1397/08/28**

Registration timing: **prospective**

Last update: **2018-11-19, 1397/08/28**

Update count: **0**

Registration date

2018-11-19, 1397/08/28

Registrant information

Name

Jomaneh Heidari

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 61 3338 7142

Email address

jheidari93@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-11-22, 1397/09/01

Expected recruitment end date

2019-01-21, 1397/11/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Survey glycemic index, glycemic load and satiety index of cookies prepared from white wheat flour and whole oleaster powder In healthy people

Public title

Determination of glycemic index, glycemic load and satiety index of cookies prepared from white wheat flour and whole oleaster powder In healthy people

Purpose

Prevention

Inclusion/Exclusion criteria

Inclusion criteria:

The level of fasting blood glucose in the normal range (less than 110 mg / ml) normal BMI range (18.5 to 24.9 kg / m²) following the usual diet

Exclusion criteria:

Metabolic diseases Diabetes Cardiovascular disease

Age

From **20 years** old to **40 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)

Not blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of Ahwaz University of Medical Sciences

Street address

Golestan Highway

City

Ahvaz

Province

Khuzestan

Postal code

61357-15794

Approval date

2018-10-13, 1397/07/21

Ethics committee reference number

IR.AJUMS.REC.1397.478

Health conditions studied

1

Description of health condition studied

healthy people

ICD-10 code

ICD-10 code description

Primary outcomes

1

Description

Satiety index

Timepoint

Measure satiety in fasting and every 15 minutes after eating each bread for up to two hours in the first week, the second week and the third week.

Method of measurement

Using the VAS Questionnaire and Formula

2

Description

Glycemic index

Timepoint

Measurement of fasting and accurate fasting blood glucose levels at 15, 30, 45, 60, 90 and 120 after glucose and any of the breads in the first, second and third weeks.

Method of measurement

Using the glucometer device

Secondary outcomes

1

Description

Glycemic load

Timepoint

First week, second week, third week

Method of measurement

Using formula

Intervention groups

1

Description

Intervention group: cookies made from white wheat flour, water, baking powder, salt and oil, which each person randomly consumes once in the course of this 4-week intervention. This cookie should contain 50 grams of available carbohydrates for the glycemic index and 1,000 kiloules (240 kilocalories) of energy for the Satiety index.

Category

Lifestyle

2

Description

Intervention group: cookies made from mixture of whole oleaster powder and white flour to a ratio of 1/2, water, baking powder, salt and oil, which each person randomly consumes once in the course of this 4-week intervention. This cookie should contain 50 grams of available carbohydrates for the glycemic index and 1,000 kiloules (240 kilocalories) of energy for the Satiety index.

Category

Lifestyle

3

Description

Intervention group: cookies made from mixture of 1/4 whole oleaster powder and 3/4 white flour, water, baking powder, salt and oil, which each person randomly consumes once in the course of this 4-week intervention. This cookie should contain 50 grams of available carbohydrates for the glycemic index and 1,000 kiloules (240 kilocalories) of energy for the Satiety index.

Category

Lifestyle

4

Description

Intervention group: Glucose solution (50 g dissolved in 250 ml of water) used to determine the glycemic index as a reference food.

Category

Lifestyle

Recruitment centers

1

Recruitment center

Name of recruitment center

Nutrition and Metabolic Diseases Research Center

Full name of responsible person

Farideh Shishehbor

Street address

Golestan Highway

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+98 61 3384 3001

Email

fari.shishehbor@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Mohammad Badawi

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badavi-m@ajums.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Ahvaz University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Ahvaz University of Medical Sciences

Full name of responsible person

Jomaneh heidari

Position

Masters of Nutrition

Latest degree

Bachelor

Other areas of specialty/work

Nutrition

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

Farideh Shishehbor

Position

PhD Nutrition

Latest degree

Ph.D.

Other areas of specialty/work

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Person responsible for updating data

Contact

Name of organization / entity

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Full name of responsible person

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Position

Masters of Nutrition

Latest degree

Bachelor

Other areas of specialty/work

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Email

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available

Statistical Analysis Plan

Undecided - It is not yet known if there will be a plan to make this available

Informed Consent Form

Undecided - It is not yet known if there will be a plan to make this available

Clinical Study Report

Undecided - It is not yet known if there will be a plan to make this available

Analytic Code

Undecided - It is not yet known if there will be a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available