

# Low Glycemic Index Soy Pudding

## Background

The Low Glycemic Index (GI) soy pudding recipe is formulated to providing people with a tasty, low GI snack which does not induce spikes in postprandial glucose levels, and is suitable for people with diabetes, health conscious individuals and people who likes to make soy pudding at home.

Low GI food is recommended for its small fluctuations in blood glucose and insulin level. It has been shown that having a lower GI diet may confer health benefits by reducing the risk of developing diabetes, as it helps to increase the body's sensitivity to insulin and provides a better control of fluctuations in blood glucose levels. As dietary carbohydrate is the major determinant of postprandial glucose levels, food and nutrition interventions that helps diabetic patient in controlling their blood glucose level and reduce postprandial blood glucose excursions in order to achieve normal or near-normal levels is important and is a primary goal of diabetes management.

While fructose is known to produce a lower postprandial glucose response when it replaces sucrose or starch in the diet, this benefit is tempered by concern that fructose may adversely affect plasma lipids. The use of added fructose as a sweetening agent in the diabetic diet is not recommended.

## Technology Features & Specifications

- Certified Low glycemic index (GI) ( $32.0 \pm 4.78$ )
- Does not contain added fructose
- Low fat content – approx. 0.5g per serving of 253g
- Contains prebiotic - inulin

## Market Trends & Opportunities

Diabetes is a growing problem in Singapore today. Figures from the National Health Survey 2010 reveal that 11.3%, or 1 in 9 Singapore residents (Singapore citizens and Permanent Residents) aged 18 – 69 years were affected by diabetes. Singapore's Ministry of Health has implemented in 2016 a multi-prong strategy to educate the public on preventing diabetes through healthy living, and improving disease management to prevent disease complications.

### Benefits

- Tasty and healthier snack option
- Low GI ( $32.0 \pm 4.78$ )
- No added fructose

### Intellectual Property

- Proprietary formulation

### Commercialisation Opportunities

- ✓ Ready for commercialization
- ✓ Available for licensing
- ✓ Accepting business plans from interested parties

### Contact Us

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