The Chewing study: The effects of chewing duration on blood glucose levels

Published: 01-10-2020 Last updated: 09-04-2024

The goal of this study is to gain insight into the mechanisms underlying the relation between consumption speed and satiation. This study related chewing duration (short/long) for standard lunches to blood glucose levels in 3 post-lunch hours. Also...

Ethical review Approved WMO

Status Pending

Health condition type Other condition Study type Interventional

Summary

ID

NL-OMON50095

Source

ToetsingOnline

Brief title

The Chewing study

Condition

Other condition

Synonym

healthy food choice

Health condition

gezonde voedselkeuze

Research involving

Human

Sponsors and support

Primary sponsor: Wageningen UR; Stichting DLO

Source(s) of monetary or material Support: Kennisbasis gelden; ministerie van LNV

Intervention

Keyword: blood glucose, chewing, fiber, food

Outcome measures

Primary outcome

Primaire study parameter is bloodglucose levels during the 3-hours following a test lunch consumed following a long/short chewing protocol. Blood glucose parameters are: time-to-peak, maximum value and area under the curve.

Secondary outcome

Secondary study parameters are salivary amylase and particle sizes of the food boli at the moment of swallowing.

Study description

Background summary

Previous studies demonstrated that food consumed at a slower pace was more satiating that the same food consumed at a faster pace. Whereas these results are robust, there is relatively little insight into the underlying mechanisms of this finding. As a result, this finding has so far not been used for the development of more satiating and healthier foods.

Study objective

The goal of this study is to gain insight into the mechanisms underlying the relation between consumption speed and satiation. This study related chewing duration (short/long) for standard lunches to blood glucose levels in 3 post-lunch hours. Also, the possible mediating roles of particle size in the food boli at the moment of swallowing, and salivary amylase will be investigated.

Study design

The study consists of an 8-day trail in which subjects consume two test lunches following a fast- or short chewing protocol. The testlunches consists of starch-based foods with varying fiber contents. The order of chewing conditions is randomized. Before each lunch, two samples of food boli will be collected for analysis of salivary amylase and particle size.

Intervention

Test subjects will consume two testlunches (rice and chickenpeas) in duplicate following a short and long chewing protocol.

Study burden and risks

The study is non-therapeutic to the participants. The risk associated with participation is negligible and compared to other studies the burden can be considered low.

Contacts

Public

Wageningen UR; Stichting DLO

Bornse Weilanden 9 Wageningen 6708 WG NL

Scientific

Wageningen UR; Stichting DLO

Bornse Weilanden 9 Wageningen 6708 WG NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years) Elderly (65 years and older)

Inclusion criteria

- * Apparently healthy men and women (based on questionnaire, self-reported)
- * Aged between 18 * 55 yrs
- * BMI between 18.5 and 30

Exclusion criteria

Participants will be excluded if:

- * Employed by the FHCR group of Wageningen Food & Biobased Research.
- * BMI > 30.0 en < 18.5
- * Diagnosed with Diabetes mellitus type 1 or 2
- * Under treatment for neurological or psychiatric complaints, including eating disorders
- * History of gastro-intestinal surgery or having (serious) gastro-intestinal complaints
- * Use of medication/supplements that may influence the study results, such as medicines known to interfere with glucose homeostasis. This will be judged by our medical doctor
- * Following a diet or gained/lost >=5kg weight in the previous month.
- * Coeliac disease or gluten intolerance
- * Skin allergy, eczema or known sensitivity for plasters
- * use of drugs
- * Current smokers
- * Using > 14 glasses of alcohol/week
- * Having food allergies
- * Participation in another clinical trial at the same time
- * Gastric emptying disorder.
- * Problems with chewing and/or swallowing

Study design

Design

Study type: Interventional

Intervention model: Crossover

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Basic science

Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-10-2020

Enrollment: 26

Type: Anticipated

Ethics review

Approved WMO

Date: 01-10-2020

Application type: First submission

Review commission: METC Wageningen Universiteit (Wageningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register

ID

CCMO

NL74340.081.20