

Development of low glycemic index breads from pulses

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SPG Contributions	Project Status	Duration/Timeline of Project (Year to Year)	Co-funders	Total Project Cost
\$110,000.00	Completed	April 2006 – March 2009	Saskatchewan Ministry of Agriculture – Agriculture Development Fund (ADF)	\$165,000.00

Project Description

To develop palatable breads made from pulse flours or containing pulse components (proteins, starches, fibers) with low glycemic indices; to position pulse breads as healthy alternatives to commonly consumed wheat based breads with demonstrated advantages in cardiovascular disease and diabetes prevention and treatment.

Outcome

Breads made of pulse and pulse flours have a low glycemic index (GI). The preliminary data suggest that this reduction in GI may be the result of the high protein and fibre content of legumes, which will make them useful in healthy diets and in disease prevention.

Research Objective

OBJECTIVE 1

To develop palatable breads made from pulse flours or containing pulse components (proteins, starches, fibers) with low glycemic indices.

OBJECTIVE 2

To position pulse breads as healthy alternatives to commonly consumed wheat based breads with demonstrated advantages in cardiovascular disease and diabetes prevention and treatment.