

The effects of a dietary fiber (white lupine bran) in the treatment of non-insulin-dependent diabetes Efectos de una fibra dietaria (salvado de lupino dulce) en el tratamiento de la diabetes no insulino dependiente.

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We evaluated the effect of dietary fiber from sweet lupine hull (SLH) upon metabolic control in 16 non insulin dependent diabetics (11 males, mean age 52). Body mass index was  $23 \pm 2$  and non fasting glucose levels were  $< 200$  mg/dl. Following a 2 month control period, patients received SLH, 10 g th 3rd month and 20 g the fourth. Eleven patients received in addition oral hypoglycemic drugs. Intake of crude dietary fiber increased from  $4.1 \pm 1.7$  to  $8.4 \pm 2$  and  $13.1 \pm 1$  g from control to the 3rd and 4th month. Blood glucose increased and cholesterol level decreased in the 3rd month ( $p < 0.05$ ). During the 4th month, blood glucose decreased to control levels. No changes were observed in body mass, HDL cholesterol, triglycerides, glycosylated Hb and non-fasting glucose and insulin levels in relation to fiber intake. We conclude that dietary fiber intake is low in our patients but a supplement of 10 to 20 g of this particular fiber did not improve metabolic control.