



## **Determination of Glycemic Index and Glycemic Loads of Commonly Consumed Food Items of Cassava and Sweet Potato of Bench Maji Zone, South West Ethiopia 2017**

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### **Authors' contributions**

*This work was carried out in collaboration among all authors. Author MGA designed the study, performed the statistical analysis, wrote the protocol and wrote the first draft of the manuscript. Authors MBT and SKO managed the analyses of the study. Author SKO managed the literature searches. All authors read and approved the final manuscript.*

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### **ABSTRACT**

**Introduction:** Glycemic index is an important parameter designed to quantify the relative blood glucose response of foods in comparison with reference glucose. Determination of glycemic index and loads of carbohydrate- rich foods play as tools of nutritional guidelines for glycemic control and to reduce the risk of diabetic complications. Thus, the aim of this study was to determine glycemic

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index and glycemic loads of cassava and sweet potato of commonly consumed food items of Bench-Maji, south west Ethiopia.

**Materials and Methods:** The 23 healthy subjects were participated in the study from Ethiopia; the mean age was  $27 \pm 2$  years. The matured cassava and sweet potato food items were processed by washed, peeled and cooked in water (gentle boiling at  $90\text{ C}^{\circ}$ ) for 20 minutes. Participants were informed to consume 50 g of carbohydrate portions of tested and reference foods. Blood sample were collected at 0 (fasting), 30, 60 and 120 minutes after ingestion of tested and reference foods. Glycemic index value of foods was calculated from the ratio of incremental area under the glucose curves of the foods. Glycemic loads for each food was determined from its glycemic index value and carbohydrate content. Data were statistically analysed by ANOVA and differences between means identified by the student t-test.

**Results:** The cassava and sweet potato had a medium glycemic indices (GI: 60), in spite of they generated a high glycemic loads of 26 and 24 respectively. The cassava and sweet potato had significantly lower ( $p < 0.0001$ ) blood glucose response was noticed as compared to white bread. There was no difference of GI and GL of tested foods within the participants and statistically not significant ( $p > 0.05$ ).

**Conclusion:** This study showed that the cassava and sweet potato foods had a medium glycemic index and high glycemic loads. The tested foods had significantly lower blood glucose response as compared to reference food of white bread. The resulted GI and GL data of tested foods could be help as guide of food choices to control glycemic level and to reduce the risk of diabetic complications.

*Keywords: Glycemic index; glycemic load; cassava; sweet potato; Ethiopia.*

## ABBREVIATIONS

ADA	: American diabetic association
ANOVA	: Analysis of variance
AUC	: Area under curve
AOAC	: Association of official analytical chemistry
BMI	: Body mass index
BP	: Blood pressure
CHO	: Carbohydrates
SBP	: Systolic blood pressure
DBP	: Diastolic blood pressure
CDA	: Canadian diabetes association
DM	: Diabetes mellitus
IDF	: International diabetes federation
T1DM	: Type 1 diabetes mellitus
T2DM	: Type 2 diabetes mellitus
GI	: Glycemic index
GL	: Glycemic load
Hc	: Hip circumference.
$\text{Kg/m}^2$	: Kilogram per meter square
$\text{IAUCf}$	: Increment area under curve of diets above fasting baseline
$\text{IAUCr}$	: Incremental area under curve of reference above fasting baseline
Min	: Minutes
Mg/dl	: Milligram per deciliter
MmHg	: Millimeter mercury
SD	: Standard deviation
SPSS	: Statistical package for social sciences
Wc	: Waist circumference

WHR	: Waist to hip ratio
WHO	: World health organization

## 1. INTRODUCTION

The glycemic index (GI) is an important parameter, which designed to quantify the relative blood glucose response of foods [1]. It was first measured in 1981 by David Jenkins for the purpose of the ranking carbohydrate rich foods based on how they elevate blood glucose level after their intake [2]. The glycemic index value is calculated by measuring the incremental area under the blood glucose curve following ingestion of a 50 gram of carbohydrate test food and compared with the area under the blood glucose curve following an equal intake of carbohydrate rich reference food [3]. The numerical value of GI is determined by measuring of the incremental area under the blood glucose response curve (iAUC) for the test food is divided by the incremental area under the blood glucose response curve for the reference food and the result is multiplied by 100 [4]. The GI of each food was then calculated as the mean value across all subjects consuming that food [5]. The test foods are then assigned a category based on their 0-100 ranking and the glycemic index values are categorized into low when less than 55, medium if the values found between 55-70 and high when its value is greater than 70 [3]. Glycemic load (GL) refines; the concept of

glycemic index to quantify the impact that a carbohydrate containing foods [1]. The glycemic load value of a typical serving of each food was calculated by using the formula of:  $GL = GI \times \text{grams of carbohydrate in the typical serving size}/100$  [5,6-13].

### **1.1 The Role of Blood Glucose and Diabetes Mellitus**

Glucose is utilized by the tissues and organs of body for purpose of fuels and the precursor for conversion to other intermediate molecules [14]. After a high carbohydrate diets, the blood glucose rises from a fasting level of 80-100 mg/dl (5 mM) to 120-140mg/dl (8 mM) within a period of 30 minutes to one hour and regulated in a narrow range [14]). Within subsequent increase in blood glucose will also trigger the release of the insulin hormone from pancreatic beta cells [15,16]. Diabetes mellitus is a chronic metabolic disorder that characterized by the persistent of hyperglycemia due to defective insulin secretion or defective insulin action [17]. The prevalence of diabetes mellitus has been increasing from time to time in the world [18] of affecting more than 366 million peoples and its number is expected to rise to 552 million by 2030, due to the consequence of urbanization, obesity, sedentary lifestyles and other factors [17]. Ethiopia is the second most populated country in Africa and currently challenged by the growing magnitude of chronic non communicable diseases like diabetes and its prevalence in Ethiopia is around 1.9%, this is because of ageing of the population and lifestyle associated with rapid urbanization [18]. DM is mainly categorized as type 1 diabetes mellitus, type 2 diabetes mellitus, and gestational [19]. Type 1 diabetes mellitus (T1DM) is typically a result of an autoimmune mediated process in which pancreatic  $\beta$ -cells are destroyed resulting absent insulin production [20]. Type 2 diabetes mellitus (T2DM) is characterized by the presence of chronic hyperglycemia, which results from resistance to insulin actions on peripheral tissues [20]. Most of the complications of diabetes mellitus are associated with chronic hyperglycemia and increased generation of oxygen derived free radicals, which may lead to damage and failure of the kidneys, eyes, nerves, heart and blood vessels [18].

### **1.2 The Role of Nutrition and Management of Diabetes Mellitus**

The excess consumption of high glycemic index foods can lead to hyperinsulinemia, insulin

resistance, weight gain and obesity [21]. The development of diabetes mellitus, obesity, cancer and cardiovascular disease has been reported to be linked to high glycemic index foods [22]. The studies shown that, there was a positive correlation between consumption of foods with high glycemic index and increased risk of chronic disease such as diabetes [21]. The nutrition plays a key role in the management and treatment of diabetes mellitus, thus foods with a low glycemic index can be beneficial in reducing the incidences of chronic diseases by avoid uncontrolled postprandial glucose load [13]. WHO recommended that the GI of foods be used in conjunction with information about food composition to guide food choices and at least 55% of energy be derived from carbohydrate and should be rich in dietary fiber and low glycemic index ranking [23]. The consumption of foods with low glycemic index has several health benefits, these include reduced insulin demand, improved blood glucose control, weight losing and reduced blood lipid levels benefits by reducing the rate of carbohydrate absorption. In fact that some foods on the world market have been show their glycemic index rating on the nutrition information panel [3].

### **1.3 Trends of Root Crops Production of Ethiopia**

The socio-economic progress of Ethiopia depends on the performance of agriculture sector. The root crops in country are covered by more than 1.62% of the small area under all crops in the country [6]. The potato, sweet potatoes and taro cover 25.2%, 38.11% and 19.72% of the total root crop area respectively and these crops contributed about 23.35%, 38.44% and 17.74% of the total root crop production respectively in the Ethiopia [6]. Cassava (*Manihotesculenta* Crantz) is an important root crop staple food for many countries including an Ethiopia [7]. Cassava is rich in carbohydrates, calcium, vitamins B and C and essential minerals and inferior in protein and fat content, so that the soybeans are often used to balance the diet in cassava consuming area [8]. However, the nutrient composition has been varied based on varieties, age of the harvested crop, soil conditions and climate [9] Sweet potato (*Ipomoea batatas*), is the most important food crops in the world due to its high yield and ranked as the seventh most commonly consumed carbohydrate rich foods in the world [10]. Ethiopia is ranked as fifteenth country in the world due to the production of sweet potatoes

[11]. Sweet potato is nutritionally high in carbohydrates contents and low in fat and protein constituents. It is also a good source of antioxidants, fiber, zinc, potassium, sodium, manganese, calcium, magnesium, iron, vitamin C and beta-carotene [12]. The hypoglycemic activity response of sweet potatoes is associated with their resistant starch and digestibility [13].

In view of these facts, it is important to determine the glycemic index and glycemic loads of cassava and sweet potato foods to provide information on the GI and GL to guide food choices and avoid uncontrolled postprandial glucose load that could help to guide food choices for management and prevention of DM complications. Although, there is no studies have been conducted on the information of the glycemic index and glycemic load of cassava and sweet potato foods of Ethiopia. Therefore, the aim of this current study is to determine the GI and GL values of commonly consumed cassava and sweet potato of Bench-Maji, South West of Ethiopia.

## **2. MATERIALS AND METHODS**

### **2.1 Study Design and Period**

An experimental based study was conducted on twenty three healthy subjects in Mizan-Aman town of Bench Maji Zone South west Ethiopia. The data for the study were collected from September 30, 2016 to February 30, 2017 for five consecutive months.

### **2.2 Selection of Study Subjects**

Twenty three healthy subjects were recruited to participate from Mizan-Aman town and staffs of the Mizan-Tepi University in the study. The subjects were physically examined by a medical doctor on the basis of the following criteria: age 20 to 60 years; body mass index 20 to 25 kg/m<sup>2</sup> (WHO criteria) and whose fasting blood glucose value (at time 0 min) between 70-126 mg/dl and when calculating IAUC only the area above the fasting level were recruited in the study. Exclusion criteria were as follows: active gastrointestinal (e.g. celiac disease), first-degree family history of diabetes, pregnant and lactating women were also excluded from the study. Ethical approval for the study was obtained from Institutional Review Board of Mizan-Tepi University. The written informed consent was given for each subject with full details of the study protocol and the opportunity to ask

questions. All anthropometric measurements were made in the fasting state. Height was recorded to the nearest centimeter using a stadiometer, with subjects standing erect and without shoes. Body weight was recorded to the nearest 0.1 kg, with subjects wearing light clothing and no shoes. BMI was calculated using the standard formula: weight (kg)/height (m<sup>2</sup>).

### **2.3 Preparation of the Research Foods**

Two most commonly eaten freshly harvested, matured tubers root crops of the cassava and sweet potato cultivars were purchased from local markets of the Bench Maji Zone, south west Ethiopia to determine their glycemic index and glycemic loads. The cassava and sweet potato food items were processed by washed, peeled and cooked in water (gentle boiling at 90 C<sup>o</sup>) for 20 minutes. Then, these foods were cut into 50 grams available carbohydrate portions for GI and GL determination. White bread was gently prepared by bakery's professional as reference food. The participants of the study were instructed to report the laboratory of department teaching hospital of Mizan-Tepi University after over-night fast. The each participant was reported to three consecutive days and particular foods item was assign to each individual. Blood sample was collected and glycemic index and glycemic loads analysis of foods was carried out by Wolever et al. [24] study protocols.

### **2.4 Data Collection Procedure**

All the study participants were willing to respond the investigators based administered questionnaires and then to gave the required volume of blood. The anthropometric data of study population was obtained from measurement of body weight and height, waist and hip circumference to calculate the BMI and WHR respectively. Blood pressure was done by using digital measuring device prior to sample collection. Then three BP measurements were taken after participants sitting for at least five minutes were carried out by trained nurses. The blood sample for the biochemical analysis was carried out by trained laboratory technicians.

### **2.5 Laboratory Sample Collection for Glycemic Index and Glycemic Loads**

The blood sample from finger capillary was taken from each participant on each day at various time points by employing infection prevention procedure. The first blood sample was taken

while the individuals from overnight fasting (0 minute fasting blood), followed by second, third and fourth blood samples at 30, 60 and 120 minutes after the ingestion of tested foods respectively. Blood sample was collected from finger prick using a hypodermic needle of individual participant was placed on a test strip and inserted into a calibrated Gluco-meter (Accu-Check/One touch) which gave direct readings after 45 seconds based on glucose oxidase assay method. The blood glucose response level of each tested foods was analyzed at intervals of 0 (fasting level), 30, 60 and 120 minutes respectively at laboratory department of teaching hospital of Mizan-Tepi University.

## 2.6 Determination of Glycemic Index and Glycemic Loads of Foods

Determination of the blood glucose response level was done at the intervals of 0, 30, 60 and 120 minutes respectively. The blood glucose values was plotted against time and the area under blood glucose curve (AUC) 2hrs of each eaten foods by study participants was measured. The glycemic index values of each tested foods of each study participant were calculated by the method of Karim et al. [25], by dividing their glucose AUC for the test food by their glucose AUC for the reference food (white bread). Glycemic load of each tested was calculated as the GI (%) multiplied by the grams of carbohydrate in the serving of food eaten by study participants by the method of Farunkh et al. [26].

## 2.7 Data Quality Control

The study questionnaires were translated in to three local languages and then translated back to English. Two days training were given for data collectors. The 5% pilot study was undertaken before launching of the main study. The proper measures were taken based on the pilot study findings. Subjects were informed about confidentiality of their information. The quality of biochemical parameters was kept by aseptic techniques and analyzed carefully on the calibrated Gluco-meter of following standard operating procedures. The data collectors were supervised and checked daily by the principal investigators for completeness and errors were identified and corrected.

## 2.8 Statistical Analysis

The collected data were entered and analyzed using SPSS version 20. Descriptive statistics

(frequency, mean, median, standard deviation and percentage) were used to describe socio-demographic characteristics of the study participant. Changes in the blood glucose response level after consumption of tested diets (cassava and sweet potato) by time interval was expressed as mean  $\pm$  SD. Glycemic index and glycemic loads of tested diets were also expressed as mean  $\pm$  SD. The significance difference of the GI and GL values between the foods were assessed by student t-test and ANOVA. The p value of  $< 0.05$  was considered to be evidence for statistically significant.

## 2.9 Ethical Consideration

Ethical approval for the study was obtained from the Institutional Review Board of Mizan-Tepi University. The Mizan-Tepi University wrote a letter to its teaching hospital requesting their assistance in study undertaking. The written informed consent was given for each subject with full details of the study protocol and the opportunity to ask questions. The confidentiality and anonymity was assured by assigning codes to each study subjects and the code was kept confidential. Name and address of the subjects were not taken and subjects were informed about the purpose of the study, the advantages of the study, and their rights even to stop in the middle of the procedure.

## 3. RESULTS

### 3.1 Basic Anthropometric Characteristic of the Study Populations

Total of thirty three study subjects from Mizan-Aman residence and staffs of Mizan-Tepi University were included in the study. Among the 23 subjects sixteen (74%) were males and seven (26%) were females. The mean age of the subjects was  $26 \pm 4.84$  years with the minimum and maximum ages of 20 and 37 years, respectively (Table1). As Table 1 describes the mean value of body mass index of the subjects was  $24.64 \pm 2.62$  kg/m<sup>2</sup>. The mean value of waist to hip ratio of the study subjects was  $0.80 \pm 0.36$  with the male and female of  $0.81 \pm 0.038$  and  $0.791 \pm 0.013$  waist to hip ratio respectively (Table1). As described in Table 1, the mean waist circumference, hip circumference of subjects was  $61.3 \pm 5.40$ ,  $75.69 \pm 6.95$  respectively. The mean value of systolic blood and the diastolic blood pressure of subjects were  $121.73 \pm 0.3$  mmHg and  $90.39 \pm 9.15$  mmHg

respectively (Table1). The mean value of SBP and DBP of male subjects was 122.17±13.96 and 90.29±9.53 respectively. The mean value of SBP and DBP of women were 120.50±6.15 and 90.66±8.84 respectively (Table1).

### 3.2 Proximate Composition Analysis of Foods

The nutrition proximate composition cassava and sweet potato was determined according to AOAC methods [27]. As noted in Table 2, the mean proximate composition analysis results of cassava was 54.2±0.10% moisture, 0.05±0.003% ash, 1.16±0.03% dietary fiber, 0.77±0.001% fat and 1.02±0.03 % protein. The sweet potato had an average of 53.5±0.45% moisture, 1.06 ± 0.03% ash, 2.12±0.25% dietary fiber, 0.67 ± 0.06% fat and 1.16 ± 0.05% protein. The carbohydrate contents of diets were determined by difference, the 50g of available carbohydrate for each test food sample was calculated from the results of the proximate analysis and the measured portion of the diets was served to the subjects. The carbohydrate content of cassava proximate composition analysis was 42.83 g/100 g, which is less than 50 g/100 g and carbohydrate content of sweet potato was 40.37 g/100 g, it is also less than 50 g/100 g. However, cassava contained high carbohydrate content than sweet potato based on the proximate composition analysis of this current study.

### 3.3 Analysis of Glycemic Index and Glycemic Loads of Foods

The mean blood glucose level of each participant was measured after consumption of 50 g of carbohydrate contents of tested foods and reference (white bread) with 30 minute intervals of 0 minutes, 30 minutes, 60 minutes and 120 minutes. The blood glucose response curve verses time was obtained by plotted a graph thus: x-axis, time interval and y-axis, blood glucose concentration. The mean of the respective blood glucose response before and after consumption of the foods were used to draw a blood glucose response curve for the two hours period. The incremental area under the curve (IAUC) was calculated for each food in every participant separately (as the sum of the surface of triangles and trapezoids between the blood glucose curve and horizontal baseline going parallel to x-axis from the beginning of blood glucose curve at time 0 to the point at time 120 min) to reflect the total rise in the blood glucose response after administration of tested foods [27,28].

Glycemic index of tested foods was determined according to the following formula of Brouns Fetal. [28], Glycemic index (GI) =

$$\frac{\text{Mean IAUCf (above fasting baseline)} \times 100}{\text{Mean IAUCr (above fasting baseline)} \times 1}$$

**Table 1. Basic anthropometric characteristics of study subjects**

Basic anthropometric and clinical characteristics of subjects	Mean values of (mean+ SD)	p-values
Age	26±4.84 years	P<0.001
BMI( kg/m <sup>2</sup> )	24.64±2.62 kg/m <sup>2</sup>	P<0.001
WHR	0.80±0.36	P<0.001
Wc	61.30±5.40	P<0.001
Hc	75.69±6.95	P<0.001
SBP( mmHg)	121.73±12.30	p>0.05
DBP( mmHg)	90.39±9.15	p>0.05

\*Data presented as mean ± standard deviation, BMI-body mass index, WHR-waist-hip ratio, SBP- systolic blood pressure, DBP-diastolic blood pressure, Wc- waist circumference. Hc- hip circumference

**Table 2. Proximate analysis of processed cassava and sweet potato foods (In dry weight percent)**

Components of foods	Moisture (gram %)	Ash (gram)	Protein (gram %)	Fat (gram %)	Dietary fiber (gram %)	Available CHO (gram %)
Cassava	54.2±0.10	0.05±0.003	1.02±0.03	0.74±0.001	1.16±0.03	42.83±0.05
Sweet potato	53.5±0.45	1.06 ± 0.03	1.36 ± 0.05	0.69 ± 0.06	2.12±0.25	40.37 ±0.03

gr; gram percent, CHO: carbohydrate

**Where:**

IAUCf(above fasting baseline): incremental area under the blood glucose response curve above fasting baseline of a foods. Mean IAUCr(above fasting baseline): Mean incremental area under the curve above fasting baseline of two determinations of the reference foods [5]. The glycemic loads (GL) of a typical serving of each tested foods was calculated by using the method of Camille A, et al. [5]:

$$GL = (GI \times \text{grams of carbohydrate in the typical serving size})/100$$

**3.4 The Mean Glycemic Response Level of Foods of Study Subjects**

The Table 3 and Fig. 1 shows the mean glycemic responses of cassava and sweet potato and white bread of the subjects. The mean blood glucose level of cassava was 70.95±3.03, 73.03±4.44, 75.22 ±3.62 and 73.22±3.85 at the 0, 30, 60 and 120 minutes respectively. The mean blood glucose level of sweet potato was

71.61±2.48, 74.24±3.6, 73.86 ± 3.71 and 73.16±2.40. On the other hand the reference food (white bread) had the mean blood glucose level of 104± 21.8, 114±15.74, 120±14.67 and 129.30±12.56. There was no statistically significant difference of blood glucose level within the study subjects (P>0.05). However, there was statistically significant difference of blood glucose level within and white bread of reference foods of subjects since (P<0.0001).

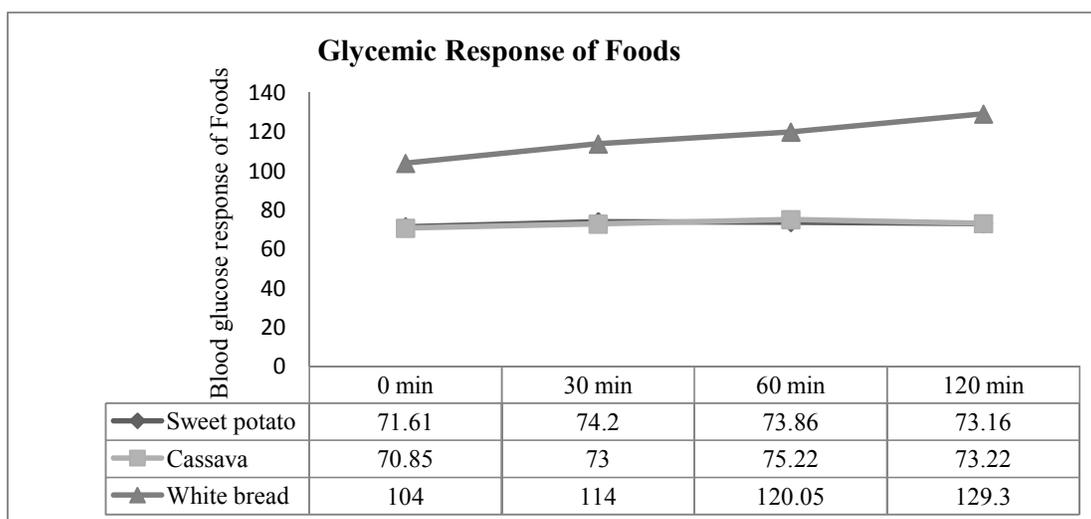
**3.5 Comparison of Blood Glucose Level of Foods of Study Subjects**

Table 3 indicates the extent of the difference between individual tested foods with the reference food of blood glucose response of subjects. The mean difference of cassava when compared to reference food of white bread had significantly lower (P<0.0001) of subjects. The mean difference of blood glucose response of sweet potato was significantly lower as compared to white bread of the subjects (p < 0.0001).

**Table 3. Mean glycemic response level of foods of study subjects**

Time interval	Incremental area under the glucose response curve (IAUC)			
	Sweet potato (2hrs)	Cassava(2hrs)	White bread (reference)	Difference level of foods(P -value)
0 minute	71.61±2.48	70.85±3.04	104.0±21.8	(p<0.0001)
30minutes	74.24±3.61	73.03±4.44	114.0±15.74	(p<0.0001)
60 minutes	73.86±3.71	75.22±3.62	120.05±14.67	(p<0.0001)
120 minutes	73.16±2.40	73.22±3.85	129.30±12.56	(p<0.0001)

**\*\*Statistically significant at (p<0.0001)**

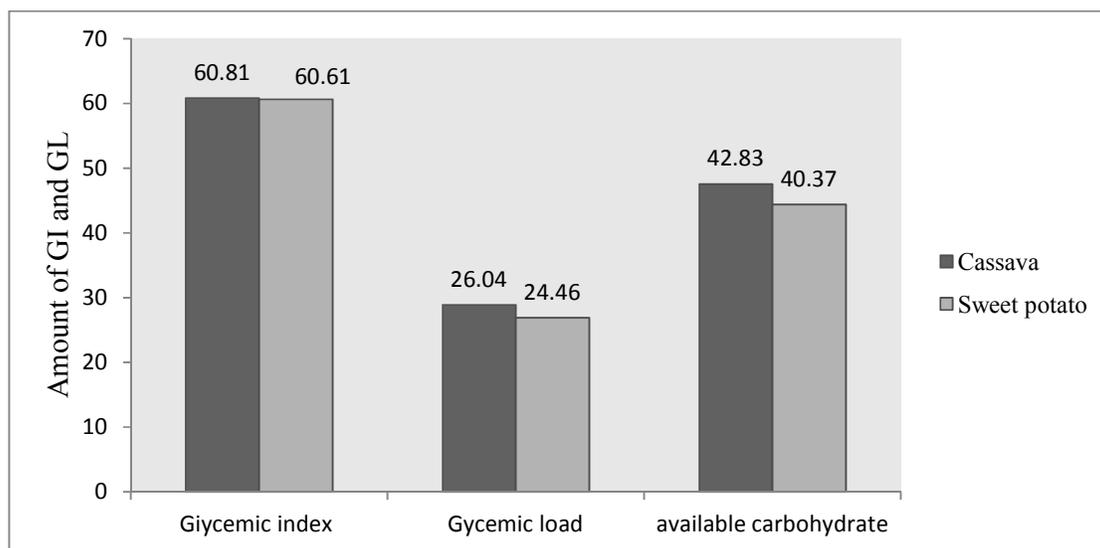


**Fig. 1. Graphic representation of glycemic response of cassava, sweet potato and white bread**

**Table 4. The glycemic index and glycemic load of the cassava and sweet potato foods**

Tested food items	Available carbohydrate content(gram)	Glycemic index	Glycemic load
Cassava	42.83gram	60.81±2.73	26.04±1.36
Sweet potato	40.37gram	60.61±2.25	24.46±1.12

\*Data presented as mean ± standard deviation

**Fig. 2. Graphic presentation of glycemic index and glycemic loads of tested foods**

### 3.6 Glycemic Index and Glycemic Load of Cassava and Sweet Potato of Study Subjects

Table 4 and Fig. 2 indicates the glycemic index and glycemic load results of the tested foods of study participants. The mean glycemic index and glycemic load values of cassava were 60.81±2.73, 26.04±1.36 respectively. The mean glycemic index and glycemic load values of sweet potato were 60.61±2.25 and 24.46±1.12 respectively. The mean difference of the blood glucose response of tested foods (cassava and sweet potato) had lower values and statistically significant at ( $p < 0.0001$ ) when compared to reference food of white bread.

## 4. DISCUSSION

Glycemic index is used to measure of how quickly a carbohydrate food affects the blood sugars levels and has significant public health impact [26]. The development of diabetes mellitus, obesity, cancer and cardiovascular disease has been reported to be linked to high glycemic index foods [22]. The studies shown that, there was a positive correlation between consumption of foods with high glycemic index

and increased risk of chronic disease such as diabetes [21]. Thus, the carbohydrate foods based on the response of blood glucose levels can be classified as a high as a foods GI ranges from 70-100, medium as GI ranges from 56-69 and low glycemic index as foods ranges from 0-55 [29]. Measurement of glycemic index and loads of carbohydrate- rich foods play as tools of nutritional guidelines for glycemic control and to reduce the risk of diabetic complications and CVDs [17]. Studies conducted by Allen et al. [29], indicated that dietary management is a necessity in obtaining an improved glycemic control to lessen the possibility of diabetic complications.

In the present study, the mean glycemic response value of the cassava with respect of time interval was 70.95±3.03, 73.03± 4.44, 75.22 ±3.62 and 73.22±3.85 of the 0 minutes, 30minutes, 60 minutes and 120 minutes respectively. The mean value of blood glucose of white bread was 104± 21.8, 114±15.74, 120±14.67 and 129.30±12.56 with the 0 minute, 30 minutes, 60 minutes and 120 minutes respectively. Mean glycemic response level of cassava was significantly lower ( $P < 0.0001$ ) when compared to glycemic response of reference food of white bread in the participants. The

current study has shown in the Table 4, the mean glycemic index and glycemic load values of cassava was  $60.61 \pm 2.25$  and  $24.46 \pm 1.12$  respectively.

Cassava is one of the largest source of carbohydrate and consumed by peoples of many countries in the world, despite of lower in protein and fat content when compared to the rice and potatoes [7]. The blood glucose response of the cassava had lower than the reference food of white bread. The medium glycemic index value of cassava of Ethiopian was recorded; this current study result is accordance with the previous studies of Foster-Powell et al. [2], which revealed that cassava foods had medium GI values. This present study GI results of cassava also agreed with the finding of Brand-Miller J, et al. [30]. However this current study results is discordance with previous studies of Nigeria [31] as a result, the cassava had higher GI ranging from 82 to 99, this variation of glycemic index of this current study and previous studies of Nigeria may be due to high carbohydrate. Because the previous studies of Nigeria shows a high carbohydrate contents of cassava, (80% dry weight) and the presence of gelatinised starch [31]. The GI values this present study is also not in agreement with previous study conducted by Camille A, et al. [5], the authors indicated that the cassava had a high glycemic index values. The variation of GI values of the current study with previous studies probably due to the carbohydrate fraction and starch of the cassava [29]. The studies indicated that different food process and cooking methods affect glycemic index values of foods, Therefore, cassava produces a medium glycemic index of present study might be due to slower rates of gastric emptying and digestion of carbohydrate in the intestinal lumen [32]. The same study done by Perceval et al. [21] of also found that the effect of various cooking methods influences the glycemic index of cassava. The method of processing and cooking of food can change by disrupting the amylose/ or amylopectin structure of the starch complex and making it more accessible to digestive enzymes [5]. Another studies also revealed that the GI values of foods influenced by the type of food, the degree of food processing and cooking and the ratio of amylopectin and amylose in starch; starch-protein or fat -interactions [24]. Depending on different factors, the cassava of the current study considered medium glycemic index values, which may prove beneficial for diabetic/or insulin resistant consumers [29].

This study shows that the cassava had a high glycemic load value. This is also confirmed with study have documented by Brand-Miller J, et al. [30], in which their finding indicated that GL values of different food based on food portion provided a high level of GL values. This current study is also consistent with the finding [33], in which their studies show a high glycemic loads. Similarly study done by Kouamé et al. [34] also reveals that the cassava foods had higher GL values, this increased level of GL level of food is because of their quality and the nature of starch. So, their consumption should be limited because they could increase the insulin response. But other study is not in agreement with current study of GL values [2]; this may be due to different portion of foods and cooking methods, that affect the values of glycemic loads of foods [30]. The finding of Farukh et al. [26] of their studies described that, glycemic load measures the degree of glycemic response and insulin demands produced by a specific amount of specific food and helps to predict blood glucose response to specific amount of specific carbohydrate food.

Sweet potatoes are the most important carbohydrate rich root crops [26]. The mean glycemic response level of sweet potato of current study was  $71.61 \pm 2.48$ ,  $74.24 \pm 3.6$ ,  $73.86 \pm 3.71$  and  $73.16 \pm 2.40$  of the 0 minute, 30 minutes, 60 minutes and 120 minutes respectively. The sweet potato blood glucose response level of this study was significantly ( $p < 0.0001$ ) lower when compared to reference food of white bread. The mean glycemic index of sweet potato of this study was 60. The GI value of sweet potato of this current study is similar with the previous study of Allen et al. [29], in which their studies confirmed that the cooking methods of sweet potato by boiling had a medium glycemic index values. Similarly another studies finding authors of Foster-Powell et al. [2] and Farukh et al. [26] GI values of sweet potato were similar with the GI values of the present study. The sweet potato GI value of this study also is agreed with the result of previous studies conducted by Perceval et al. [21], their studies indicated that consumption of boiled sweet potato had a medium GI value and that could minimize postprandial blood glucose spikes and that may used for the management of diabetes mellitus. However, GI values of this present of sweet potato is slightly varied of previous studies conducted by Allen et al. [29]; this may be due to different portion of foods and cooking methods, that affect the values of glycemic loads of foods.

The variation of GI values sweet potato of this current study with the previous may be due to cultivar, grown location, different portion of foods, sugar contents, preparation methods [29].

The hypoglycemic activity response of sweet potatoes is associated with their resistant starch and digestibility [29]. The foods with low starch digestibility tend to have high hypoglycemic activity [13]. The studies indicated that different cooking methods affect glycemic index values of foods. The finding of Perceval et al. [21], found that the effect of various cooking methods influence the glycemic index. They also further described that during the boiling, heating breaks down starch granules to allow amylopectin and amylose to be more readily digested by pancreatic amylase [24,26]. Thus, this reproducible moderate glycemic index values of sweet potato of this current study play as tools of nutritional guidelines for glycemic control and to reduce the risk of diabetic complications [29].

The mean glycemic load value of sweet potato of this study was 24. The result of this current study is consistent with the finding of earlier published study [33], reported high GL. Similarly the other study done by Camille A. et al. [5] of reported that the foods had higher GL values. This increased GL level of food, may be due to their quality and the nature of starch [30].

The amount and type of carbohydrate are the main dietary factors affecting postprandial glycaemia as described by the relationship between the GI values and protein, fat and dietary fiber content [29]. However, the cassava and sweet potato of this current study was contains lowest protein and fat and had a medium glycemic index. Despite the variation of dietary fiber, protein and fat contents, there were no correlation between glycemic indices and protein and fat with GI of tested foods. This finding is also consistent with the findings of conducted by Kouamé et al. [34].

## 5. CONCLUSION

Glycemic index is an important parameter, which is designed to quantify the relative blood glucose response (hyperglycemic effect) of foods in comparison with reference glucose (white bread). This study showed that the tested foods (cassava and sweet potato) had a medium glycemic index and high glycemic loads. The cassava and sweet potato also significantly had lower blood glucose response levels as

compared to reference (white bread) food in the study participants. The finding of current study indicated that both foods had a moderate glycemic indices and high glycemic loads. The resulted data of GI and GL from cassava and sweet potato foods could helps to guide a food choices and avoid uncontrolled postprandial glucose load for better prevention and management of DM complications. Furthermore, the GI and GL data of this study can serve as a tool for health workers involved in meal planning for diabetics and diabetes education program. The study suggests that another research should be conducted on the relationship between GI and GL values of foods with gender by enrolling larger number of subjects and different varieties of the root crop foods.

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## COMPETING INTEREST

The all authors have declared that no competing interest exists.

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