

Composition analysis of the five selected types of dates

48 individuals responded to the study advertisements

34 were potentially eligible

23 subjects were selected (11 excluded: 2 prediabetics, 3 HbA1c > 8%, 1 smoker, 3 declined participation and 2 unable to start immediately)

13 healthy subjects

10 Type 2 DM subjects

- Visit 1 } OGTT (50g glucose)
- Visit 2 } OGTT (50g glucose)
- Visit 3 } OGTT (50g glucose)
- Visit 4 } 50g equivalent carbohydrates of Fara'd
- Visit 5 } 50g equivalent carbohydrates of Lulu
- Visit 6 } 50g equivalent carbohydrates of Boma'an
- Visit 7 } 50g equivalent carbohydrates of Dabbas
- Visit 8 } 50g equivalent carbohydrates of Khalas

Capillary glucose measured at 0, 15, 30, 45, 60, 90 and 120 min each visit

Capillary glucose measured at 0, 30, 60, 90, 120, 150 and 180 min each visit

GI determination