

Sample 1 (Oral/ Free Paper)

A TRANSGRESSIVE BROWN RICE MEDIATES FAVORABLE GLYCEMIC AND INSULIN RESPONSES

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ABSTRACT

BACKGROUND: We evaluated glycemic response of a brown rice variant (BR) developed by cross-breeding. Subjects (n=9) consumed 50g carbohydrate equivalents of BR, white rice (WR) and the polished brown rice (PR) in comparison to 50 g glucose reference (GLU) in a crossover design. Plasma glucose and insulin at 0, 15, 45, 60, 90, 120 and 180 min were measured and incremental area under the curve (IAUC) and indices for glucose (GI) and insulin (II) calculated.

RESULTS: BR compared to PR or WR produced the lowest postprandial glycemia (GI:51 vs 79 vs 86) and insulinemia (II:39 vs 63 vs 68) irrespective of amylose content (19 vs 23 vs 26.5%). Only BR was significantly different from GLU for both plasma glucose ($p=0.012$) and insulin ($p=0.013$) as well as $IAUC_{glu}$ ($p=0.045$) and $IAUC_{ins}$ ($p=0.031$). Glycemic and insulinemic responses correlated positively ($r=0.550$, $p<0.001$). Linear trends for $IAUC_{glu}$ and $IAUC_{ins}$ indicated a greater secretion of insulin tied in with a greater glycemic response for WR ($r^2=0.848$), moderate for PR ($r^2=0.302$) and weakest for BR ($r^2=0.122$).

CONCLUSION: The brown rice variant had the lowest GI and II values but these advantages were lost with polishing.

Keywords- Brown rice, amylose, glucose, insulin, GI, II.

No. of words= 192 without keywords

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Sample 2- Case Study (maximum of 350 words)

Below is a template guide for an abstract covering medical nutrition case management.

TITLE OF CASE
BACKGROUND <i>Why you think this case is important – why did you write it up?</i>
CLIENT HISTORY <i>Social/family history/medical history</i>
ASSESSMENT (Anthropometry, Food nutrition history)
NUTRITION DIAGNOSIS
OBJECTIVE OF MANAGEMENT & NUTRIENT PRESCRIPTION
OUTCOME AND FOLLOW-UP
DISCUSSION <i>Include a very brief review of similar published cases</i>
LEARNING POINTS/TAKE HOME MESSAGES <i>3 to 5 bullet points – this is a required field</i>