

Daily consumption of β-Glucan decrease blood glucose and insulin level:	Daily consumption of β-glucan enriched food reduced glucose bioavailability:	Friday Beef Barley Soup 
A study published in the “Journal of American College of Nutrition,” demonstrated that daily consumption of soluble dietary fiber can significantly reduce blood glucose and insulin level. They tested eleven healthy subject who received a total of 3 treatments in a double-blind, randomized order. They drank 300 mL of glucose diluted with water added to 10.17 g of Oat rich β-glucan or a combination of 8 g fructooligosaccharide and 3 g of wheat bran (control). The subject were tested followed overnight fasting using finger-prick blood samples before and after the consumption of the treatment.(1)	A study published in the Molecular Nutrition & Food Research, investigated the effect of β-glucan enriched food in 12 overweight subjects adding 5 g of β-glucan to a polenta meal. In this single-blind, randomized, crossover trial, the subjects were tested after overnight fasting using finger-prick blood samples before and after the consumption of the treatment.(3) 	Saturday Oatmeal with Berries 
Daily consumption of bran products delaying the carbohydrate absorption:	Daily consumption of β-glucan, reduce the risks of type 2 diabetes and cardiovascular disease:	Sunday Lentil Barley Soup 
A study published in a European Journal of Clinical Nutrition was performed to determine the effect of a daily consumption of grain, such as oat has on postprandial blood glucose responses by delaying the carbohydrate absorption. Ten healthy volunteer were tested on seven separate occasions over 2 month period allowed overnight fasting using finger-prick blood samples before and after the consumption of four oat bran products enriched with a different amount of β-glucan. The test drink were prepared by mixing oat bran, and oat starch with 41 g of glucose and 4 dL of water.(2)	A study published on the Vascular Health Risk Management Dietary intake of beta-glucans has been shown to reduce vascular injury leading to heart disease, which is accelerated by increased lipid levels and hypertension. Management of diabetes includes the control of blood glucose level and lipids; and reduction of hypertension. Dietary intake of beta-glucans has been shown to reduce all these risk factors to benefit the treatment of diabetes and associated complications.(5) 	Daily Recipe: Apple Bran Salad  1 shallot, minced 2 cup celery, sliced thin 2 Granny Smith apples, peeled & chopped 3/4 cup chopped walnuts 1/2 cup dried cranberries or cherries Salt and pepper to taste

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Fibers DRIs:
 Women 25 g/d, Men 38 g/d

