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Palatinose™ confirmed as a low glycaemic carbohydrate by the Beijing Nutrition Resources Institute

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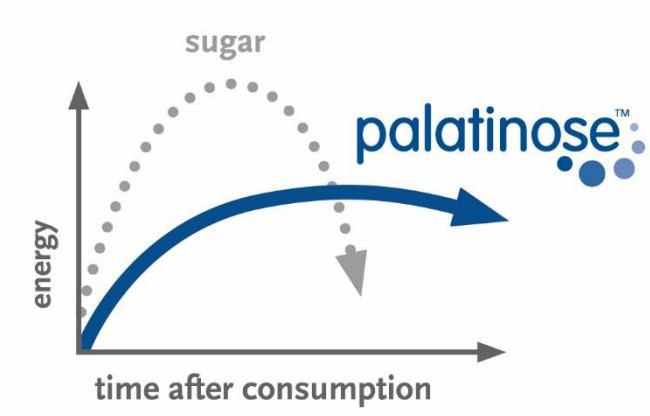
The Beijing Nutrition Resources Institute (BNRI), a multi-disciplinary research institute focussing on nutrition and human health, has tested and confirmed that Palatinose™ is a low glycaemic carbohydrate in Chinese adults (Beijing Institute of Nutrition Resources 2021). This is the first study of its kind done in China with Palatinose™ using the latest Chinese standard for glycaemic index (GI) determination (test protocol: WS/T 652-2019). The result of the GI testing of Palatinose™ by the BNRI also is in line with the measurements conducted by other institutions, including the University of Sydney, Australia (Sydney University's Glycemic Index Research Service).

What is Palatinose™?

Palatinose™ (isomaltulose) is a low glycaemic carbohydrate that is slowly, yet fully digestible, leading to lower and more balanced blood glucose response (Maresch et al. 2017). It is naturally present in small amounts in honey. On a large scale, BENEO manufactures Palatinose™ from sucrose extracted from sugar beets grown in Germany.

Both Palatinose™ and sucrose are disaccharides consisting of glucose and fructose. However, the binding between those two makes the difference in physiology. The α-1,6 bond in Palatinose™ is strong and stable as compared to the α-1,2 bond in sucrose. This means that Palatinose™ is broken down more slowly by the body's intestinal enzymes, which is key to the unique physiological benefits of Palatinose™ (Maresch et al. 2017).



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How does low glycaemic Palatinose™ benefit my health?

Most of the carbohydrate foods eaten in Asia are medium to high glycaemic, leading to higher than desired blood glucose profiles (Henry et al. 2021). High blood glucose levels increase the risk of developing diabetes and heart disease, and even having high blood glucose levels for a short time can weaken our immunity (Jafar et al. 2016). Further, Asians have an even greater risk of developing diabetes as compared to Caucasians (Ma and Chan 2013) This makes the low glycaemic carbohydrate Palatinose™ advantageous for both metabolic and immune health.

Consuming Palatinose™ as part of a low glycaemic diet is beneficial. Studies conducted in Chinese adults show a lower and more balanced blood glucose profile over the day as compared to those who consumed a high glycaemic diet with sucrose (Camps et al. 2021; Henry et al. 2017). In fact, research indicates that Asians benefitted more with Palatinose™ than Caucasians, as it led to an even lower blood glucose response (Tan et al. 2017). The full energy availability in a sustained way supports a balanced energy metabolism and makes Palatinose™ the preferred choice even in sports nutrition. It also explains its excellent gastrointestinal tolerance similar to sucrose and contrary to low/non-digestible replacement options.

For product developers, creating delicious food with Palatinose™ is an innovative way to improve its nutritional quality. A study done in Chinese adults shows that with the inclusion of functional ingredients such as Palatinose™, the glycaemic impact of the biscuit was halved (Kaur et al. 2020).

So kickstart good health by eating smart with Palatinose™ for healthier blood glucose levels!

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