# Novel soy germ pasta improves gastric emptying time

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Kenneth D.R. Setchell, Ph.D., from Cincinnati Children's Hospital, and colleagues randomized 10 patients with delayed gastric emptying to consume one serving per day of soy germ pasta and conventional pasta for eight weeks, with a four-week washout. The [$^{13}$C]octanoic acid breath test was used at baseline and after each period to measure gastric emptying time ($t_{1/2}$). Blood glucose and insulin concentrations were determined after oral glucose load.

The researchers found that soy germ pasta significantly accelerated the $t_{1/2}$ in these patients, from baseline to after treatment. This change is gastric emptying time was significantly accelerated compared to that for conventional pasta, without affecting glucose or insulin concentrations.

"These findings suggest that soy germ pasta may offer a simple dietary approach to managing diabetic gastropathy," the authors write.

Two authors disclosed financial ties to Aliveris, a manufacturer of soy germ pasta.

**More information:** Abstract
Full Text (subscription or payment may be required)