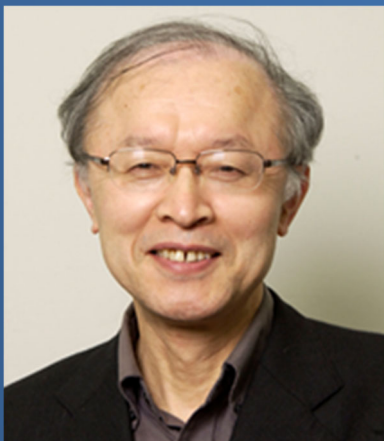


150th WPI-IIIS Seminar

~Commemorating Inauguration of New IIIS Human Sleep Labs~

Timing effect of intake of inulin containing food/ vegetables on blood glucose level, cecal short chain fatty acids and microbiota in mice and humans

Inulin, a water-soluble dietary fiber is used for health claims such as lowering effect of glucose and/or lipid absorption. Artichoke and burdock roots highly contain inulin (50-30% of dry powder). It is well known that blood glucose level (BGL) by same meal is dependent on the meal time; dinner BGL is higher than breakfast BGL. Artichoke powder at breakfast in human experiments lowered the 24-hr BGL, and also lunch- and dinner-induced BGL, as a second meal effect. Artichoke at breakfast provide good effect on bowel movement, and cecal microbiota, suggesting the importance of eat timing on BGL and microbiota.



Dr. Shigenobu Shibata

School of Advanced Science and Engineering,
Waseda University

Date: **Monday, April 15, 2019**

Time: **15:55 – 16:40**

Venue: **1F Auditorium, IIIS Building**



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