

GLYCEMIC INDICES OF DIFFERENT CASSAVA FOOD PRODUCTS**Ogbuji, C.A.¹ & David-Chukwu, N.P.²**Department of Food Science and Technology, Abia State Polytechnic, Aba¹.
Department of Hospitality Management Technology, Abia State Polytechnic, Aba².**ABSTRACT**

This study investigated the proximate composition and glycemic indices of four different cassava food products. Four groups of volunteers were each fed with 167g of *abacha*, 162g of *tapioca*, 169g of *garri* and 205g of *fufu* diets and control volunteers were fed with 50g anhydrous glucose. The venous blood samples were drawn at 30mins intervals for 2 hours after fasting blood glucose test, which was determined, using glucose oxidase method. The blood levels after were determined and the areas under curve were calculated by trapezoid method. The glycemic indices for *fufu*, *garri*, *abacha* and *tapioca* were found to be 84, 92, 84 and 78 respectively. The analysis of variance (F= 0.05) carried out showed that the method of preparation of the diets did not affect the glycemic indices of the food, there is also no significant differences (p< 0.05) in the glycemic indices of *fufu*, *abacha*, *garri*, and *tapioca* diets. The four cassava diets were within the high glycemic index range of above 70. From these results, it can be concluded that cassava food products are of high glycemic index.

Keywords: Fufu, abacha, garri, tapioca, glycemic index.