

"Low Carb" QUEST Peanut Bar - TEST by Boulder Very Low Carb Diabetes Support Group October 2011		Type I or Type II?	Insulin/Medications	Blood Sugars 8 AM	Blood Sugars 10:30 AM (Just before Eating Quest Bar)	Blood Sugars 11:30 AM	Blood Sugars 12:30 PM	1-HOUR CHANGE	2-HOUR CHANGE	COMMENTS
B - - Using Glucoscan Glucometer		1.5	None	111	124	176	107	52	-17	Breakfast before 8 AM; Kefir Protein Drink with Blueberries
B - - Using Accucheck Glucometer		1.5	None	91	108	150	112	42	4	Breakfast before 8 AM; Kefir Protein Drink with Blueberries
B - - Using Relion Glucometer		1.5	None		98	148	108	50	10	Breakfast before 8 AM; Kefir Protein Drink with Blueberries
C		2	None yet today (normally takes insulin and Amylin)		190	203	186	13	-4	(Normal fasting blood sugars 135-150. Normal pre-lunch blood sugars are 108-118) Note that I ate a large steak last night, in case the affects my blood sugars
D		2	None	84	73	107	98	34	25	
G		2		103	151	128	120	-23	-31	Has a head injury and suspects he ate breakfast near 10 AM and was still processing the sugars when he started the test.
Je .		1	2 units Humalog	80	111	124	90	13	-21	12:10 PM low means I drank 12 carbs worth of juice. Also, I'm getting a cold which could affect blood sugar levels.
Jo .		2		98	164	148	138	-16	-26	John had not been at the meetings in several months, so there's a strong possibility that he had eaten breakfast close to 10 AM and had "after meal" blood sugars when the test started, and they were coming down from that after meal high.
M		1	1 humalog after 10:30 AM test, and 1 1/2 humalog after 11:30 test	69	147	203	212	56	65	No peanut pieces. Do not like lingering after taste. Tastes too sweet.
N		2		118	118	157	124	39	6	Bar is not a flavor I like, texture a bit too chewy It caused a rise in blood glucose that I wouldn't have expected if it was truly 21 grams of carbohydrate minus 17 grams fiber equals 4 grams carbohydrate. Or assuming that fiber causes half the sugar rise of non-fiber carbs, that would be 21 total grams of carbs minus 8 non-digestible carbs, or 13 grams of carbs. I wouldn't have expected this to make my blood sugars rise so much. This is like eating a plain slice of bread without any protein, a no-no for me.
P		2		85	118	164	169	46	51	Have not taken Januvia yet today; Breakfast was 2 teaspoons peanut butter, and a cup of decaf green tea. Did NOT follow protocol!
S		1.5		90	96	107	103	11	7	I'm guessing that my blood sugars were still on the way down after exercising, since exercise generally makes them go up around 20 - 50 points, and I exercised less than an hour before taking this carb challenge. That might explain why the rise I see isn't as noticeable.
QUEST BAR - AVERAGE Blood Sugar Change								26	0	Out of 10 people taking this test, 4 had blood sugar rises of 39 points or higher in the first hour. Out of the 5 people who reported less significant blood sugar increases, all but one reported extenuating circumstances, such as injecting insulin, eating breakfast late that day, or exercising before the test. When they are factored out of these results, then over half the people taking this test saw blood sugar rises of 39 - 52 points, 1 hour after eating the Quest Net 4 gram protein bar.
WHEY TEST - Quest Bar Whey mixed in water - December 2011				8am	10.30am (just before Whey)	11.30am	12:30 PM	1-HOUR CHANGE	2-HOUR CHANGE	Comments
B - Using Abbott Glucometer		1.5	None	86	94	99	90	5	-4	
B - Using 2Go Glucometer		1.5	None	111	107	116	106	9	-1	
G		T2		101	95	89	83	-6	-12	
N		T2		119	135	111	95	-24	-40	
P		T2		103	125	130	133	5	8	
L		Pre		104	116	104	107	-12	-9	
Ja		T1.5	1 Humalog	118	148	163	174	15	26	Steady Basel infusion throughout the test.
Je .		1	2 units Humalog	88	195	158	86	-37	-109	I am not a good test case this time because of the insulin doses and when they were needed.
S		1.5		87	93	98	91	5	-2	
QUEST WHEY - AVERAGE Blood Sugar Change								-4	-16	Out of 8 people taking this test, 4 people saw blood sugars go down 1 hour after the whey protein drink. Jeff has requested that his results be excluded because of his insulin requirements that day. Of the people left, the drop in blood sugars still remains more noticeable than the