A new tool to guide consumers on how to mix and match foods to improve their blood glucose profiles

Fact Sheet

Project Information

**GlucoMatchMaker**

Grant agreement ID: 898013

**DOI**

10.3030/898013

**Project terminated on 30 September 2022**

**Funded under**

EXCELLENT SCIENCE - Marie Skłodowska-Curie Actions

**Total cost**

€ 184 590,72

**EU contribution**

€ 184 590,72

**Coordinated by**

TEAGASC - AGRICULTURE AND FOOD DEVELOPMENT AUTHORITY

Ireland

Project description

**A consumer’s guide to reducing the glycaemic response to starchy foods**

Starchy foods are one of the main components of our diet. They supply up to half of our energy needs and, because starch is exclusively made of glucose, these foods play a major role in our blood glucose levels. High blood glucose is linked to a number of chronic diseases and the rate at which starch in a given food is digested is directly correlated with blood glucose levels (i.e. the glycaemic response). Simply
put, quickly digested starchy foods lead to high blood glucose levels. However, this effect can be counteracted by an adequate combination with other foods. The EU-funded GlucoMatchMaker project is developing the first mobile app to help people mix and match starchy foods with other foods and beverages to attenuate glycaemic responses.

**Fields of science**

- engineering and technology > other engineering and technologies > **food technology**
- social sciences > sociology > demography > mortality
- natural sciences > biological sciences > biochemistry > biomolecules > proteins > enzymes

**Keywords**

- Starch
- Digestion
- Nutrition
- Glycemic response
- Glucose
- Glycemia
- Glycemic Index

**Programme(s)**

- H2020-EU.1.3. - EXCELLENT SCIENCE - Marie Skłodowska-Curie Actions
- H2020-EU.1.3.2. - Nurturing excellence by means of cross-border and cross-sector mobility

**Topic(s)**

- MSCA-IF-2019 - Individual Fellowships

**Call for proposal**

- H2020-MSCA-IF-2019

**See other projects for this call**

**Funding Scheme**

- MSCA-IF - Marie Skłodowska-Curie Individual Fellowships (IF)
Coordinator

TEAGASC - AGRICULTURE AND FOOD DEVELOPMENT AUTHORITY

Net EU contribution
€ 184 590,72

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Links
Contact the organisation
Website
Participation in EU R&I programmes
HORIZON collaboration network

Other funding
€ 0,00

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Permalink: https://cordis.europa.eu/project/id/898013

European Union, 2023