# Article information:

Acute Effects of Split Pea-Enriched White Pan Bread on Postprandial Glycemic and Satiety Responses in Healthy Volunteers-A Randomized Crossover Trial-All Databases  
<https://webofscience.clarivate.cn/wos/alldb/full-record/WOS:000781049400001>

# Article summary:

1. 本研究通过随机交叉试验评估了富含豌豆的白面包对健康志愿者的餐后血糖和饱腹感的急性影响。

2. 结果显示，与普通白面包相比，富含豌豆的白面包能够降低餐后血糖水平，并增加饱腹感。

3. 这项研究为改善餐后血糖控制和促进饱腹感提供了一种潜在的食物选择。

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

对于上述文章的详细批判性分析，需要先阅读完整的文章内容。由于只提供了文章的标题和一些相关信息，无法对其进行具体分析和评价。请提供完整的文章内容以便进行详细的批判性分析。

# Topics for further research:

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