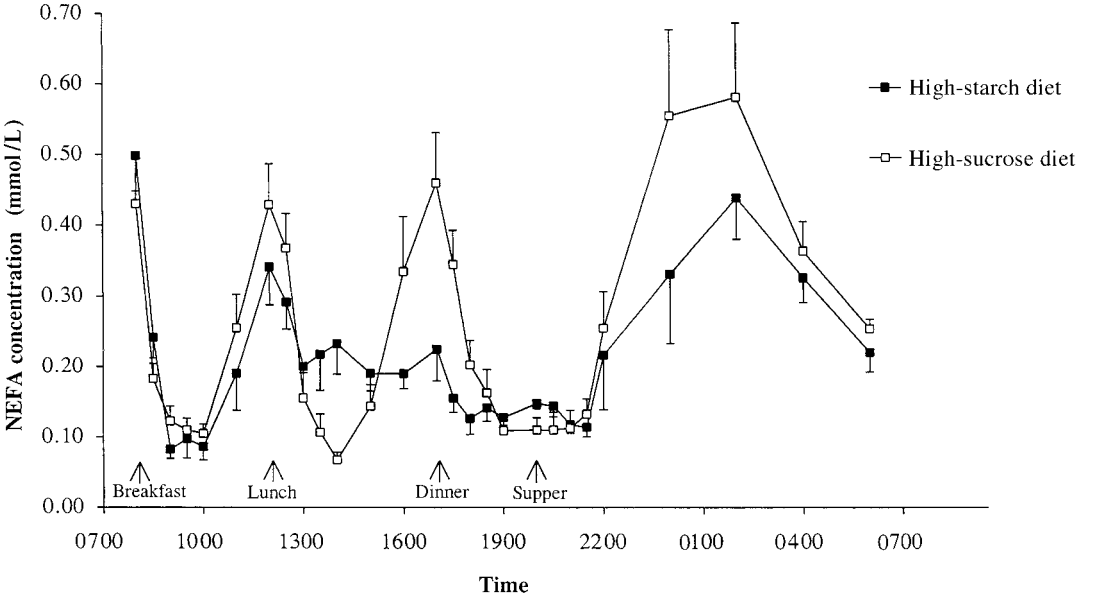

FIGURE 2. Diurnal profile of blood glucose concentrations with the high-starch and high-sucrose diets. $\bar{x}$ ± SEM; n = 8.