The figure shows the effect of different levels of protein intake on blood glucose levels over time. The graph plots blood glucose (mmol/L) against time (minutes).

Three levels of protein intake were studied: no protein control, 5g protein, 10g protein, and 20g protein. The graph indicates that higher levels of protein intake lead to a higher peak in blood glucose levels, but also a quicker return to baseline. The asterisks (*) indicate a statistically significant difference between the control and protein intake groups.

A second graph illustrates the relationship between protein intake (g) and iAUC blood glucose (mmol/L.min). The data points are scattered, but there is a trend of decreasing blood glucose iAUC with increasing protein intake. The equation of the trend line is given as R² = 0.23, p = 0.002.