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**Maliban malt: nutrient profile and glycaemic response**

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**Background:** Awareness of nutritional composition and glycaemic index of high carbohydrate products is useful in maintaining a healthy diet due to the high prevalence of nutrition related diseases. Especially, in our country malted food drinks are popular among people as highly nutritious food drinks. ‘Maliban Malt’ is one such food drink produced by Maliban Milk Products (Pvt) Ltd which is available in the market recommended as an energy booster.

**Objective:** This study aimed to determine the proximate composition and the glycaemic response of commercially available food drink ‘Maliban Malt’.

**Method:** ‘Maliban Malt’ was obtained from the producer Maliban Milk Products (Pvt) Ltd. The proximate composition of the malt powder (moisture, ash, digestible starch, total carbohydrate, protein, dietary fibre, fat) and the Glycaemic Index (GI) were determined using standard methods. Glycaemic Load (GL) was calculated based on the GI and the digestible carbohydrate in the ingested portion. Proximate results are expressed as mean±SD and GI as mean±SEM.

**Results:** “Maliban Malt” powder contained 2.9±0.2% moisture, minute quantity of (0.02%) ash, 9.1±0.8% crude fat, 8.6±0.2 % protein, 51.7±1.4% digestible carbohydrate and 12.7±0.2% total dietary fiber. The total carbohydrate content and energy content of 100 g of powder were 68.0±3.4% and 323 kcal respectively. GI of the drink was 107±6 (mean±SEM) and the GL provided by a portion as per recommendation on the product label (28g) was 16.

**Conclusion:** The product is a rich source of all macronutrients compared to cereals such as rice or wheat and elicits a high GI (>70 GI). It also provides 90 kcal of energy and medium GL per recommended portion (28g). Therefore, the product could be recommended for children, adults who are active, and elderly who require energy dense foods. However, this product is not suitable for individuals who are hyperglycaemic or obese.

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