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Impact of Nutrition Education on Nutrient Adequacy of Non Insulin Dependent Female Diabetics

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ABSTRACT Sixty non insulin dependent female diabetics in the age group of 40-60 years were selected from Punjab Agricultural University, Hospital, Ludhiana. Nutrition education was imparted to all the subjects at a interval of 15 days for a period of 3 months to study the impact of nutrition education on their nutrient adequacy. The daily diet consumed by the subjects before nutrition education were inadequate of foods like pulses, green leafy vegetables, other vegetables and fruits having protective role for diabetes whereas the consumption of foods like cereals and fats leading to increased risk was higher than RDA. However after nutrition education, a significant ($P \leq 0.01$) increase in the intake of protective foods and decrease in the intake of cereals and fat was observed. The mean daily intake of energy, carbohydrates, fat and ascorbic acid was higher while protein, fibre and zinc was below the recommendations. After nutrition education, the intake of protein, fibre and zinc was increased from 53 to 55 g, 13 to 41 gram and 6 to 9 mg respectively while a significant ($P \leq 0.01$) decrease in energy and fat intake by the subjects from 1610 to 1508 Kcal and 60 to 49 g was found. Hence, it can be said that nutrition education is an effective measure to bring about favourable and significant change in diabetic state.