Dietary Habits and Exercise Behaviour of Type –2 Diabetics

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ABSTRACT A study was conducted to know the dietary pattern and exercise behaviour of type–2 diabetics (n=50) using pretested schedule. More than half the diabetics had no family history of disorder. Most of the diabetics were on allopathic medicines (96%). The routine meal pattern was three meals and one snack, followed by three meals. The common foods restricted were those rich in sugar, fats and oils and fruits rich in sugar. Millets, cereal rotis and porridge, bitter gourd and vegetables were the special foods included for diabetes. Indigenous hypoglycemic foods such as fenu greek seeds, Jamun seeds, ‘ekanayakam’ roots and bitter gourd juice were consumed. Smoking (14.29 %) and drinking alcohol (47.62 %) were the vices seen in male diabetics. Half the diabetics (53.57%) had initiated exercise less than a year back. Walking was the main form of exercise (92.86%) followed by swimming and yogasana (7.69% each).