Effect of Nutrition Education on Blood Glucose and Lipid Profile of Non Insulin Dependent Female Diabetics

Renuka Aggarwal, Malkit Nagi and Anita Kochhar

Department of Food and Nutrition, College of Home Science, Punjab Agricultural University, Ludhiana, Punjab, India

KEYWORDS Blood Glucose. Nutrition Education. Total Cholesterol. Total Triglyceride

ABSTRACT Sixty non insulin dependent female diabetics in the age group of 40-60 years were selected from PAU, Hospital, Ludhiana to study the impact of nutrition education on their blood and lipid profile. Nutrition education was imparted to all the subjects for a period of 3 months at 15 days interval. The mean fasting and post prandial blood glucose levels reduced significantly (P≤0.05) from 181.5 to 156.7 mg/dl and 251.5 to 226.7 mg/dl. Before nutrition education only 61 and 23% of the subjects were not showing fasting and post prandial urinary glucose while after nutrition education the value increased to 73 and 48% respectively. The decrease in blood and urinary glucose levels showed a significant (P≤0.01) reduction in oral hypoglycemic drug intake. The total cholesterol and total triglycerides reduced significantly (P≤0.01) from 198.9 to 173.4 mg/dl and 206.8 to 198.9 mg/dl respectively. On the whole 13.68% reduction in fasting blood glucose and 9.85% in post prandial glucose was observed which can be attributed to nutrition education. Hence it can be said that nutrition education can go a long way in improving the blood glucose and lipid profile of the diabetics and thus can prevent the secondary complications.