

## Significance of Different Dietary Habits in Sections of Indian Diabetics

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**ABSTRACT** Prevalence of Insulin Resistance syndrome particularly Type 2 diabetes along with dyslipidaemia is increasing at an explosive rate in Indian subcontinent. Exact cause, which leads to Type 2 diabetes, is unknown and many factors are believed to play their parts in the pathogenesis of the disease. Genetic predispositions, faulty dietary patterns and sedentary life-styles are indicated by researchers as important factors leading to the increase in prevalence. A review of literature shows that different varieties of food when taken as per recommendations of American Diabetes Association and a proper life-style pattern reduces the incidence of diabetes with dyslipidaemia. This is particularly important in a country like India where available health infrastructures particularly in its rural sectors are deficient.