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Efficacy of Flaxseed Supplementation on Nutrient Intake and Other Lifestyle Pattern in Menopausal Diabetic Females

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ABSTRACT Ninety non-insulin dependent menopausal diabetic female subjects free from serious complications were selected and equally divided into three groups, viz. E_{1}., E_{2} and C. Subjects of group E_{1}. and E_{2} were provided 15g and 20 g of flaxseed powder for a period of two months respectively, while group C was not given any supplementation. Nutrient intake and menopausal symptoms of all the subjects were recorded before and after the supplementation period. Results indicate that blood glucose level decreased significantly in the both the experimental groups after the supplementation. It could be due to the presence of fibre in flaxseed which delays blood glucose absorption. After the supplementation period, significant ($p \leq 0.01$) decrease in the energy intake was observed in both the experimental groups and it could be due to the presence of fibre in the flaxseed which gives a high satiety value and results in decreased consumption of energy rich foods. It was observed that majority of the subjects were physically inactive and watching TV was most popular way of relaxation among all the subjects. Further, it was observed that menopausal symptoms were relieved after supplementation, this decrease could be due to the presence of phytoestrogens in the flaxseed. It can be inferred from the results that improvement in the blood glucose levels and menopausal symptoms of diabetic subjects was observed among the subjects of E_{2} group as compared to E_{1} group. Hence, this can can be a panacea in counteracting the problems of menopausal diabetic patients.