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Nutrient Adequacy of Non Insulin Dependent Male Diabetics Influenced by Nutrition Counseling

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ABSTRACT Sixty non insulin dependent male diabetic subjects in the age group of 40-60 years were selected from hospital of Punjab Agricultural University, Ludhiana and were surveyed for their nutrient adequacy using “24 hour recall method” for three consecutive days. Nutrition education was imparted to the subjects after assessing their basic knowledge regarding the diet and disease. Nutrition counseling improved their mean score of diabetic knowledge significantly ($P \leq 0.01$) from 7.31 to 19.26. Significant decrease in the consumption of cereals, milk and milk products, fats and oils, sugar and jaggery whereas increase in the consumption of pulses, green leafy vegetables, root vegetables was found among diabetics after nutrition counseling. The percentage of calories from carbohydrates 59 to 61%, protein 13 to 16% increased and from fat it was decreased to 27 to 22% in the subjects after nutrition counseling. The intake of fiber (39 to 44%) increased while of vitamins and minerals except iron, zinc and niacin were adequate in the subjects after nutrition counseling as compared to ICMR's recommendations. Thus, nutritional counseling is an effective measure to bring about the favourable and significant change in diabetic state.