

## **Dietary influence on TYPE 2 Diabetes (NIDDM)**

**Analava Mitra\*, D. Bhattacharya\*\* and S. Roy\***

*\* B.C. Roy Technology Hospital, \*\*Chemical Engineering Department,  
Indian Institute of Technology, Kharagpur 721 302, West Bengal, India  
E-mail: amitra@adm.iitkgp.ernet.in*

**KEYWORDS** Nature-Nurture Role. Triglyceride. Lipoprotein

**ABSTRACT** Incidence of diabetes particularly Non-insulin dependent diabetes mellitus is on the rise amongst the entire world population particularly in the residents belonging to younger age groups of developing countries located in Southeast Asia. The causes are many and predominated by nature-nurture role. Improper dietary intake of w-6 and w-3 fatty acids chasing the cholesterol myth of 70's may be an important reason of increased diabetes in India. Coronary risk in Indians is associated with an increased prevalence of Type 2 diabetes mellitus, rise in plasma or tissue levels of triglycerides and low-density lipoprotein (HDL) cholesterol. A review on available literature points out that proper diets and life-style patterns as advised reduce the incidence of diabetes and also check relentless progress of the disease.