

A Study on Body Composition Components in Vegetarian and Non-Vegetarian Patients with Diabetes Mellitus

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ABSTRACT The present study deals with the body composition components of 201 randomly selected patients with diabetic mellitus (93 males and 108 females) of Amritsar aged 27-70 years. To solve the purpose, ten kinanthropometric measurements, viz. height, weight, BMI, BMR, hip circumference, waist circumference, waist to hip ratio, waist to height ratio, percent body fat and percent lean mass were taken from all the subjects. Results indicate highly significant differences ($p < 0.001$) in BMR ($t = 3.53$) and statistically significant differences ($p < 0.05$) in height ($t = 2.95$) and weight ($t = 3.05$) between vegetarian and non-vegetarian patients with diabetes mellitus.