

Effect of Nutrition Education on Blood Glucose and Lipid Profile of Non Insulin Dependent Female Diabetics

Renuka Aggarwal, Malkit Nagi and Anita Kochhar

*Department of Food and Nutrition, College of Home Science, Punjab Agricultural University,
Ludhiana, Punjab, India*

KEYWORDS Blood Glucose. Nutrition Education. Total Cholesterol. Total Triglyceride

ABSTRACT Sixty non insulin dependent female diabetics in the age group of 40-60 years were selected from PAU, Hospital, Ludhiana to study the impact of nutrition education on their blood and lipid profile. Nutrition education was imparted to all the subjects for a period of 3 months at 15 days interval. The mean fasting and post prandial blood glucose levels reduced significantly ($P \leq 0.05$) from 181.5 to 156.7 mg/dl and 251.5 to 226.7 mg/dl. Before nutrition education only 61 and 23% of the subjects were not showing fasting and post prandial urinary glucose while after nutrition education the value increased to 73 and 48% respectively. The decrease in blood and urinary glucose levels showed a significant ($P \leq 0.01$) reduction in oral hypoglycemic drug intake. The total cholesterol and total triglycerides reduced significantly ($P \leq 0.01$) from 198.9 to 173.4 mg/dl and 206.8 to 198.9 mg/dl respectively. On the whole 13.68% reduction in fasting blood glucose and 9.85% in post prandial glucose was observed which can be attributed to nutrition education. Hence it can be said that nutrition education can go a long way in improving the blood glucose and lipid profile of the diabetics and thus can prevent the secondary complications.