

Preparation and Effects of Cheap Salad Oil in the Management of Type 2 Rural Indian Diabetics

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ABSTRACT Indians are prone to insulin resistance, coronary artery disease, hypertension, obesity and dyslipidaemia. Increase in omega-3 fatty acids in the diet induces beneficial changes in a diabetic reflected by changes in blood biochemistry patterns such as reduction of sugar, triglycerides and bad cholesterols in blood. Rich sources of omega-3 fatty acids are fish oils obtained particularly from sea fish and flax oil, the latter being a rich source of omega-6 fatty acids also. Both omega-3 and omega-6 fatty acids are prone to oxidation and need anti-oxidant protections whenever being consumed. Considering Indian context, particularly for rural Indians, flax oil is ideal source of omega-3 fatty acids, as it is cheap and easily available and majority of Indians are lacto-vegetarians. Chili, which is a rich source of natural anti-oxidants, is used in the study in powdered form and it provides the anti-oxidant protection of flax oil. The mixture of 15 ml of flax oil and 5g of chili powder is tasty and can be a substitute of fish oil in a diabetic.