

## **Impact of Nutrition Counseling on Blood Glucose Level of Patients Suffering from Non Insulin Dependent Diabetes Mellitus**

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**ABSTRACT** Thirty non insulin dependent female diabetic subjects in the age group of 40-60 years were selected from a hospital of Ganga Nagar (Rajasthan). Nutrition counseling was imparted to the subjects through educational package for gaining knowledge and to improve the dietary practices to reduce fasting blood glucose level of subjects. Nutrition counseling improved the knowledge of diabetics and control of diabetes through diet. Significant decrease was observed in fasting blood glucose level of patients. The mean fasting level was reduced to  $154.46 \pm 4.45$  mg/dl and  $152.90 \pm 4.39$  mg/dl from  $158.09 \pm 4.25$  mg/dl (initial value) after ten and thirteen days of counseling. Thus, nutrition counseling is an effective measure to bring about the favourable and significant change in diabetic state.