

Comparing Sugar Level of Different People After Consumption of Different Fruits

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Abstract: *Fruit has carbohydrates and a form of natural sugar called fructose, which can raise your blood sugar levels. But it can still be part of your meal plan. It's full of vitamins, minerals, and powerful plant compounds called phytochemicals. Thanks to phytochemicals, eating fruit may lower your risk of heart disease, cancer, and stroke and boost your overall health. That's important because diabetes is linked to a higher risk of heart disease and other problems. Many fruits are high in fiber, too. Fiber slows digestion, helping to prevent blood sugar spikes. It also makes you feel fuller, which can help you keep a healthy weight*

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