

Comparing Sugar Level of Different People after Consumption of Different Vegetable Juice

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Abstract: *An epidemic of diabetes threatens the health of a large number of individuals in developed and developing countries alike [1]. Recent data from the USA indicate that the prevalence of prediabetes is 34.6 %, impaired fasting glucose (IFG) is 19.4 %, impaired glucose tolerance (IGT) is 5.4 % and that of IFG and IGT is 9.8 % in the adult population [2]. The epidemic of prediabetes is likely to compound the existing diabetes crisis as many individuals with IGT will develop type 2 diabetes mellitus (T2DM) in the future. It is estimated that approximately 316 million people worldwide are with IGT and this is predicted to rise to 471 million by 203 in this experiment we have examine blood sugar level of three different people after consuming feugreek, bitterguard, neem juice*

Keywords: Sugar level, glysemic index, Neem, Bitter guard, Fenugreek