

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

Keywords: Sugar level, glysemic index, fruits

I. INTRODUCTION

Carbs aren't the only number to keep in mind. The glycemic index (GI) measures how a food affects your blood sugar. Foods that are low on the scale raise it slowly. Those high on the scale raise it quickly.

Eating mostly low-GI foods can help you keep control of your blood sugar. But they may not always be good for you. A candy bar and a cup of brown rice can have the same GI value. Be sure to keep nutrition in mind when choosing what to eat.

A large serving of a low-GI food will usually raise your blood sugar as much as a small amount of a high-GI food. So experts also use glycemic load (GL), a measurement that involves portion size as well as the GI number, to give more details about these effects. For example, an orange has a GI of 52 but a glycemic load of 4.4, which is low. A candy bar with a GI of 55 may have a GL of 22.1, which is high.

Because they have carbohydrates, fruits will raise your blood sugar. So it's important to count the carbs you eat and balance them with medicine, diet, and lifestyle choices. If you're having trouble keeping your blood sugar under control, let your doctor know right away.

One serving of fruit has 15 grams of carbs. But the serving size can be very different depending on the type of fruit. For example, you get 15 grams of carbs from:

- 1/2 medium apple or banana
- 1 cup blackberries or raspberries
- 3/4 cup blueberries
- 1 1/4 cup whole strawberries
- 1 cup cubed honeydew melon
- 1/8 cup raisins

Material and methods:

Use One touch machine to examine the blood sugar level of three people

In this experiment we have chosen three different fruits like Apple Papaya And Guava and give it to three different people in certain amount after some time we will check there sugar level with the help of one touch machine and will find the after effect of consumption of those fruits on different people.

Person	Fruit	Sugar level
X	Apple	5Mmol/lit
Y	Guava	4Mmol/lit

Z	papaya	7Mmol/lit
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II. CONCLUSION

From the above result we may conclude that by consuming particular amount of Guava our sugar level of a person gets normalize .

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