

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

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.

Research in the past two decades has shown that Fenugreek seeds help to lower blood glucose in patients with diabetes. Its role as an antidiabetic, by reducing fasting blood glucose levels and improved glucose tolerance in human subjects was reported [9]. Fenugreek is currently available as study indicates that, bitter gourd juice immediately lowers the blood sugar level in 30 min, and significantly lowers at 120 min but Knol-khol juices significantly lowers the blood sugar level in 90 min and 120 min but lasting effect was not noticed a nutraceutical with claims to reduce hyperglycemia [10]

Neem extract may show positive effects on blood glucose and help reduce the activity of the glucosidase enzyme (responsible for breaking complex carbohydrates into glucose). Neem leaf extract also showed activity against diabetes mellitus

Material and Methods:

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

In this experiment we have chosen three different juices like Neem Bitterguard and fenugreek and give it to three different people in certain amount after some time we will check their sugar level with the help of one touch machine and will find the after effect of consumption of those fruits on different people.

Person	juice	Sugar level
X	Fenugreek	7Mmol/lit
Y	Neem	6Mmol/lit
Z	Bitter guard	4Mmol/lit

II. CONCLUSION

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

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