

Dietary Intake and Somatic Status of Selected Diabetics as Compared to Normal Subjects

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ABSTRACT The dietary status of diabetics as compared to normal subjects was assessed by body size measures, dietary history and some biochemical measure. The study revealed that the food behavior and dietary intake pattern of the diabetics was similar to that of normal. The diets were essentially that of vegetarian, high in carbohydrate. Though the body mass index (BMI) was within the normal range, energy intake was found to be lower than the recommended dietary intake (RDI). However, the energy intake met the basal energy requirement of the subjects. Nutritional quality of diet was found to be low in micronutrients particularly rational, iron and β - complex vitamins. Though the total cholesterol and fasting blood glucose was significantly higher ($p < 0.01$) in the diabetic group the haemoglobin levels did not differ between normal and diabetics.