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Assessment of the Nutritional Status of the Non Insulin Dependent Male Diabetics

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ABSTRACT Thirty non insulin dependent diabetic females of 40 to 60 years were selected from Punjab agricultural university hospital ludhiana.After one month control period 125 gram of instant wheat meal (45 gram in breakfast, 40 gram midmorning and 40 gram inin evening tea) was given daily to the .selected subjects. Instant wheat meal was given to all the subjects on weekly basis for a period of two months to study the effect of supplementation on their nutritional profile. The daily diet consumed by the subjects before supplementation was inadequate in food like pulses green leafy vegetables other vegetables and fruits having protective role for diabetes whereas consumption of foods like cereals roots and tubers and fat leading to increased risk was higher as compared with the suggested intake. However after supplementation a significant increase in the intake of protective foods and decrease in the intake of cereals, roots and tubers and fat was observed .The mean daily intake of energy, carbohydrates ,fat, ascorbic acid, calcium and phosphorus was higher while of protein, fibre and zinc was below the recommendations. After supplementation, the intake of protein, fibre and zinc was increased from 52 to 64 gram, 28 to 31 gram and 7.5 to 9 mg, respectively. While a significant decrease (P<_0.01) in energy from1955 to1640 kcals, 49 to 30g in fat was found Hence it was concluded from the study that supplementation of instant wheat meal is an effective measure to improve the nutritional status of the diabetics.