

## **Effect of Stevia Leaf (*Stevia rebaudiana*) Powder Supplementation and Nutrition Counselling on Anthropometric Parameters and Gain in Knowledge of the Subjects**

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**ABSTRACT** Ninety non insulin dependent male diabetic subjects between 40-50 years, free from serious complications were selected from Punjab Agricultural University (PAU) hospital, Ludhiana to study the effect of supplementation of *stevia* leaf powder and nutrition counselling on anthropometrics parameters and gain in knowledge of non insulin dependent diabetics. The subjects selected were divided into three groups namely group I, group II and group III having thirty subjects each. Group I subjects were only given medicine prescribed by the doctor, group II subjects were given medicine prescribed by the doctor and nutrition counselling and group III subjects were given medicine, nutrition counselling and stevia leaf powder. One gm of *stevia* leaf powder was incorporated in 500 mg capsules and were given to the subjects daily during breakfast and lunch for three months. Nutrition education was given to the subjects of group II and III for 3 months after fifteen days interval. It was observed that majority of the subjects in all the three groups had craving for sweet foods, liked fried foods. Frequency of consumption of vegetables and fruits by the subjects was increased in Group II and III after nutrition counselling. Physical activity pattern of the subjects of Group II and III was increased after nutrition counselling, significant decrease in weight of the subjects of Group II and III was observed. It was seen that there was a significant increase in knowledge, attitude and practices and hence gain in total knowledge of subjects in Group II and III after three months of the study. While there was a non-significant increase in the knowledge of the subjects of Group I. Hence it can be inferred from the results that supplementation of *stevia* leaf powder along with nutrition counselling significantly improved the nutritional status of diabetic patients