

Impact of Instant Wheat Meal Supplementation and Nutrition Counselling On Anthropometry and Blood Pressure of Non Insulin Dependent Diabetics

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ABSTRACT Thirty non insulin dependent diabetic females of 40-60 years were selected from Punjab Agricultural University Hospital, Ludhiana. General information and family history of the subjects was recorded by interview schedule. After one month control period, 125 g of instant wheat meal (45 g in breakfast, 40 g in mid morning and 40 g in 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 impact of instant wheat meal supplementation and nutrition counselling on anthropometry and blood pressure of non insulin dependent diabetics. The body weight, BMI and waist hip ratio reduced significantly but were still higher than the recommended standard after supplementation. Significant decrease in blood pressure of the subject was also recorded after supplementation of instant wheat meal. It can be inferred from the results that supplementation of instant wheat meal helped in the reduction of anthropometric parameters and blood pressure of the diabetic subjects and thus helped in the retardation of secondary complications.