



Survey on intake of functional food by patients suffering from the non-communicable disorder- Diabetes Mellitus (DM)

Introduction:

Functional foods are foods that offer health benefits beyond their nutritional value. Diabetes mellitus (DM), particularly type II diabetes (T2D), remains a major global health challenge, with its escalating prevalence. Among the various strategies available for its management, functional foods stand out as a more viable strategy in terms of affordability, availability, and safety. Functional foods containing bioactive components such as polyphenols, saponins, peptides, and dietary fibers, and those with low glycemic index are used to control the blood glucose level of the diabetic patients. These components modulate the blood glucose level through various mechanisms and are widely distributed in plants foods including fruits, vegetables, spices, cereals, and legumes

The survey was conducted to analyze functional food intake by patients suffering from Diabetes Mellitus.

Objective:

- To study the extent of intake of functional food and Nutraceuticals by DM patients in the Community.

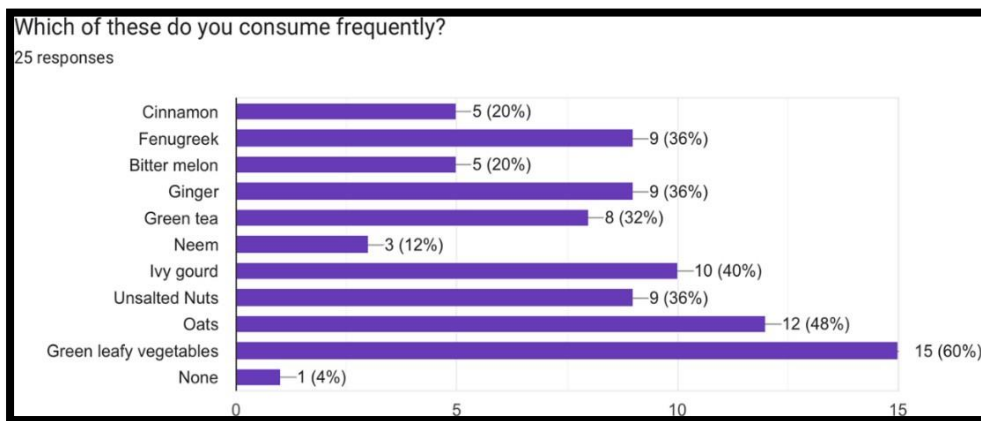
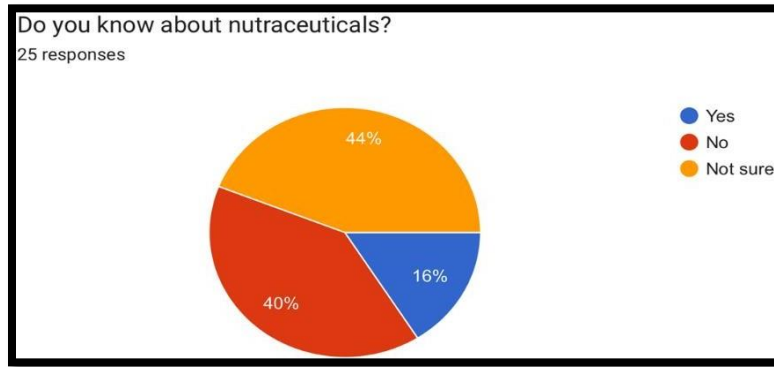
Methodology:

The survey was conducted by questionnaire method among 25 individuals of both sexes belonging to the age group of 20- 50. The questionnaire was formulated and the survey was conducted over online mode through google forms.

<https://forms.gle/fax6gK593JzhT78sV9>

Result and discussion:

From the survey, we learned that most of the population is unaware or lacks knowledge regarding functional foods, their health benefits, and how, they help manage blood glucose levels in DM patients. Analysis of functional food intake by the DM patient revealed that most of the population have incorporated functional foods like Green leafy vegetables, Fenugreek, Ivy gourd, Oats, Green tea, etc in their diet.



Conclusion:

The survey shows that the population has incorporated an adequate amount of functional foods (that help in DM management) in their diet.

The population is not familiar with terms like 'functional food' or 'Nutraceutical', but they know that some food products have therapeutic properties and can help in the management of non-communicable disorders like Diabetes Mellitus