

## EFFECTS OF COARSE GRAINS ON WEIGHT OF TYPE II DIABETIC PATIENTS IN URBAN AREA OF BHOPAL (M.P)

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### ABSTRACT

The benefits of coarse grains, one or many, had been researched in past to prove their beneficial effects on Type II diabetes, weight, CVD, B.P. But, no research had been done on collective effect of all coarse grains (black gram, cracked wheat, corn meal, millets, pulses, oats, soy) on weight of type II diabetic individuals. So, this topic is chosen for research on finding the need of this research for type II diabetic individuals. The hypothesis is that there will be no effect of coarse grain on weight of type II diabetic patients of urban area of Bhopal. The result shows decrease in average BMI and difference of weight of experimental group whereas average increase in BMI and difference of weight of control group. Conclusion:- Consumption of coarse grains on regular basis helps in reduction in weight of type II diabetes individuals.

**KEYWORDS:** Black Gram, Cracked Wheat, Corn Meal, Millets, Pulses, Oats, Soy, Type II Diabetic Patients, Weight