

# Efficacy of supplementation of bael (*Aegle marmelos* L.) and nutrition counselling on food and nutrient intake of the non-insulin dependent diabetics

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One hundred twenty non-insulin dependent diabetic subjects were selected from Punjab Agricultural University and Civil Hospital of Ludhiana. The selected subjects were divided into four groups viz., group I, II, III and IV having thirty subjects each. The subjects of group I were not given any treatment. The nutrition education was given for three months after fifteen days interval to the subjects of group II, III and IV through individual and group contact and gain in nutrition knowledge was assessed after the study. The mean daily intake of green leafy vegetables, other vegetables and fruits increased significantly ( $P=0.01$ ) in the subjects of group II, III and IV and a non-significant increase ( $P=0.01$ ) was seen in the subjects of group I. The mean energy, carbohydrates, protein and fat intake decreased significantly ( $P=0.01$ ) in the subjects of group II, III and IV and a non-significant decrease ( $P=0.01$ ) was seen in the subjects of group I. Therefore, it can be reported from the results that supplementation of bael (*Aegle marmelos* L.) leaf, pulp and seed powder along with nutrition counseling significantly improved the food and nutrient intake of the diabetic patients.

**Key Words** : Bael, *Aegle marmelos* L., Pulp and seed powder, Blood glucose, Lipid profile, Energy, Nutrition counseling

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