



DEPARTMENT OF ZOOLOGY  
TTWRDC (G) MAHABUBABAD-506101  
STUDENT'S STUDY PROJECT



Topic: *Effects of Diet on Blood Glucose*

Academic Year: *2021 - 2022*

Undertaken by

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**Abstract:**

The objective: The purpose of this project is to investigate the relationship between blood glucose and diet in non-diabetic humans. It is believed that after one consumes a high carbohydrate meal, his or her blood glucose will be high. It is also believed that after one consumes a low carbohydrate meal, his or her blood glucose will be low.

**Methods/Materials:**

Blood glucose was measured using a finger prick and a glucometer on four non-diabetic human subjects prior to meals and three hours after eating.

The meals consumed were following specific diet types: the subject's usual eating patterns, the food pyramid diet, low carbohydrate diet, and a high carbohydrate diet.

**Result:**

Results show that the high carbohydrate diet, the food pyramid diet, and the usual eating patterns diet resulted in a greater fluctuation of blood glucose, including a drop in glucose seen one half hour and one hour after eating rather than the anticipated increase in glucose.

Two older subjects had greater highs and lows than the two younger subjects. Blood glucose had the least fluctuation, both initially and several hours after.

**Conclusions/Discussion:**

Results of this experiment suggest that a low carbohydrate diet does keep the blood glucose steady with the least fluctuation. On the other hand, when diets with higher amounts of carbohydrates are consumed, greater fluctuations in blood glucose are seen.

This project investigated the relationship between diet and blood glucose in non-diabetic humans.

**signature of the students:**

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