

# Relationships of soluble fibers intake and effect towards blood sugar control among type II Diabetes Mellitus patients

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A research to determine the relationship in the intake of whole grain-based products, fruits and vegetables in maintaining treatment target among type 2 diabetes patients.

Whole grains-based products are an excellent source of fiber and antioxidant. Researchers at Univer siti Teknologi MARA, Malaysia carried out a research to determine the relationship in the intake of whole grain- based products, [fruits and vegetables](#) in maintaining treatment target among type 2 [diabetes patients](#).

The objective of this study was to identify the relationship between level of soluble fiber intake and its effects toward blood glucose control in Type II Diabetes Mellitus(DM) patients

A cross-sectional study was carried out involving type 2 DM patients (aged 30-75 years old) who were attending follow-up treatment in a Diabetic Clinic in Ipoh, Perak. A total of 110 type 2 diabetic patients were found to be eligible to participate in this study based on convenience sampling.

Data collection was carried out using questionnaires in a face-to-face interview, anthropometric measurements and patient's medical record. Independent t-test and Pearson [correlation analysis](#) was used to compare mean intake and to identify relationship of whole grain-based products and the achievement of treatment target.

This study provided new findings and information on the benefits of soluble fiber in diet practices especially for diabetic patients and public.

Besides that, this study is important for government medical departments such as the Ministry of Health, Malaysia to carry out an intervention program for diabetes. This finding also can be used among clinician to promote their patient to take more soluble fiber to reduce risk of diabetes and other [chronic diseases](#). Food manufacturer will get an idea to produce more products that contains high soluble fiber.

Intake of whole grain-based products was found to be an effective diet practice in maintaining FBG, LDL-C, TC level and BMI among Type 2 DM patients. Thus, it is essential for diabetic patients to consume more whole grain products in their daily meal intake.

Provided by Universiti Teknologi MARA (UiTM)

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