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Development and assessment of yogurt supplemented with linseed powder on hyperglycemia**Muhammad Rizwan Majeed***Qatar Foundation, Qatar*

Diabetes is an exploding global health problem. Diabetes affected 5.9% (246 million) of adults over 20 in 2007 and it is forecast that 380 million people will be affected by 2025, with 80 percent coming from industrialized nations. Food fortification has been regarded as the most effective and safest means to supplement a low-fiber diet with plant sources. For ages, the plant kingdom contributed to the globe as an essential source of medicines to treat various ailments. Plants extract, and their multiple components have been recognized for their therapeutic, pharmacological, and nutritional qualities attributed to micronutrients and macronutrients. Natural remedies derived from herbal plants were once considered good safe sources for managing and curing illnesses in humans. The current study was designed to develop flaxseed-supplemented yogurt and investigate the effect of flaxseed-supplemented yogurt on hyperglycemic patients. Yogurt was produced using cow milk and supplemented with linseed powder by 0, 5, 10, 15, and 20%, respectively, and subjected to physicochemical, minerals, and sensory evaluation. Six different groups were made to which yogurt was supplemented. To group was considered a control group and was given no yogurt; the T1 group was assigned yogurt without linseed supplementation. T2, T3, T4, and T5 were given 5, 10, 15, and 20% linseed-supplemented yogurt. The data obtained were analyzed through appropriate statistics. Physicochemical characteristics in yogurt were 76% moisture, 0.98% Ash, 4.1% protein, 2.23% fat, and 2.4g of fiber. The minerals analysis showed that yogurt contained 40mg of magnesium and 301mg of potassium. Group T2 showed the maximum marks in improving fasting and random glucose. Among the five treatment groups, T2 led to more acceptability levels in physicochemical, minerals, and sensory evaluation. The results depicted that supplementation of yogurt spread significantly reduced the random and fasting blood glucose. The current study revealed that linseed-supplemented yogurt could be utilized for hyperglycemic patients.

Biography

Muhammad Rizwan Majeed has completed his master degree in 2021 and working as a nutritionist and dietitian in Qatar Foundation. He has published 3 research articles in international peer reviewed journal. Fahid Nazir is working as lecturer in Bahadin Zakaria University, Multan and has published 6 research articles in different national and international journals. Sundas Khalid is serving as a lecturer in Sialkot Medical College, Sialkot and she has instructed a number of courses in dietetics and public health.