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Rapid Communication

Avoid these seven things if you have type- 2 diabetes

Jun Niu*

Department of Agriculture, Center for Agricultural Water Research in China, China Agricultural University, Beijing
100083, China

E-mail: Jun@niu12.cn

Abstract

Consuming flavonoids is strongly linked to a lower risk of developing diabetes and/or impaired glucose tolerance. Foods with encapsulated flavonoids are being developed, but the particles must be bioavailable after consumption and remain stable in the food matrix during processing, storage, and use. The food industry would be able to create functional foods aimed at the diabetic population if these variables could be controlled. Consuming flavonoids is strongly linked to a lower risk of developing diabetes. The stability and bioavailability of flavonoids in food can be regulated by encapsulation. We'll talk about the release profile and interactions between particles and food matrix. Appropriate encapsulation methods and materials are essential for flavonoid delivery.

Keywords: Flavonoids, Anti-diabetic, Food derived peptides.

INTRODUCTION

Avoid eating certain food types if your blood sugar is high: Diabetes is a chronic condition that develops either when the body is unable to properly utilise the insulin that the pancreas produces or when it doesn't release enough insulin, a chemical that regulates blood sugar. The following list of foods should be avoided if you have Type 2 diabetes or a family history of the disease. Food items with processed sugar, such as the majority of Indian desserts, pastries, and confections, should be avoided by diabetics. In addition to being sold as healthy alternatives to processed white sugar, honey, maple syrup, and earthy coloured sugar can also cause blood sugar levels to rise. Juices made from organic ingredients contain concentrated organic sugar and are not recommended for diabetics. Many people around the world suffer from diabetes or high blood sugar and according to the World Health Organization (WHO), the number of people with the disease increased. Unlucky food choices, a sedentary lifestyle, and stress have led to an increase in the number of people reporting high glucose (Gong et al., 2020; Hare et al., 2020).

Since diet continues to be the primary factor in managing diabetes and given that we frequently focus on the food

sources to consume, let's take a look at 7 food items that we should stay away from if we have diabetes or a family history of high blood sugar. Although there are many foods that can raise your blood sugar levels, these seven are at the top of our list. Browse on. For people with diabetes, processed sugar-containing foods like the majority of Indian desserts, treats and confections are a strict no (Hsu et al., 2009).

Juices in cans soft drinks and every other improved refreshment are equivalent. Because of the high fructose content of these drinks, diabetics should avoid them. Many people do believe that honey is a good substitute for white table sugar, but honey, like maple syrup or earthy coloured sugar, can also cause your blood sugar to spike. These are frequently touted as healthy substitutes for white sugar because they have a starch content that is comparable to or even higher. Having breakfast cereals or granola bars in the morning is something diabetics should absolutely avoid. Grains are severely processed, high in carbohydrates, low in proteins, and offer little nutritional value. Eggs are a much better breakfast option than cereal. Despite how delicious they may seem, French fries are an absolute no-no for diabetics. Potatoes are high in carbohydrates, and they become even more unhealthy when the skin is removed

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and they are deep-fried in oil. They may cause irritability, which may lead to heart problems in the future (Huang et al., 2002).

Juice from organic products, no matter how amazing they may be, can still be considered healthy and beneficial. Tragically, despite the fact that they may be rich in minerals and nutrients, they are unreliable options for people with high glucose. Juice will contain concentrated amounts of natural product sugar at the time of preparation, whether or not you add sugar or sugars. Blood sugar levels increased as a result of this. Juice tasting won't make you feel as satisfied as eating an organic product because whole organic products have more fiber. Full-fat milk, yoghurt, cheddar, and other dairy products of this nature should all be avoided. Studies have shown that soaked fats in dairy products can interfere with insulin resistance, which can lead to high glucose levels in addition to elevated cholesterol. Diabetics should completely avoid seasoned yoghurt because it is loaded with carbs and sugar. If everything is equal, choose plain yogurt. Any drug, including diets, must be able to reach the target in order to be effective, and the oral route of administration continues to be the most typical and widely accepted method of administration (Lacroix et al., 2012).

CONCLUSION

The ability of the active ingredient to pass through the gastrointestinal membrane by osmosis and to withstand the stomach's acidic environment are essential for oral drug delivery. While some large molecules are relatively fragile and frequently degraded in the gastric and intestinal microenvironment, some small molecules are typically more tolerant of the gastric acid-base environment and

can penetrate the gastrointestinal membrane better. To ensure that the activity is not compromised, this relates to the availability of the active substances. This has to do with the active ingredients' accessibility to prevent activity loss during delivery. The development of peptide products must overcome this significant obstacle. The discovery and recombination of peptides have become hot topics with the advancement of biotechnology and have provided new opportunities for a number of target populations. The fact that active peptides typically have a very short half-life and that the local microenvironment speeds up their inactivation when they come into contact with the gastrointestinal mucosa presents another difficulty based on current techniques. How to incorporate these bioactive peptides into foods without having a negative impact on their sensory qualities, convenience, bioavailability, and safety is another challenge the food industry must overcome.

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