

## **DIETARY PATTERN AND FOOD AWARENESS AMONG DIABETIC POPULATION IN CENTRAL U.P. OF INDIA**

**Virginia Paul<sup>1</sup> and Swapnil Srivastava<sup>2</sup>**

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**ABSTRACT:** India has the largest diabetic population in the world. Dietary measures are an essential part of the treatment of diabetic patients. Majority of diabetics have myths regarding beneficial and harmful foodstuffs. The study is an attempt to create more awareness among the diabetics regarding dietary pattern and role of food in their health as well.

**Key Words:** diabetes, dietary habits, beneficial foods, harmful foods etc.