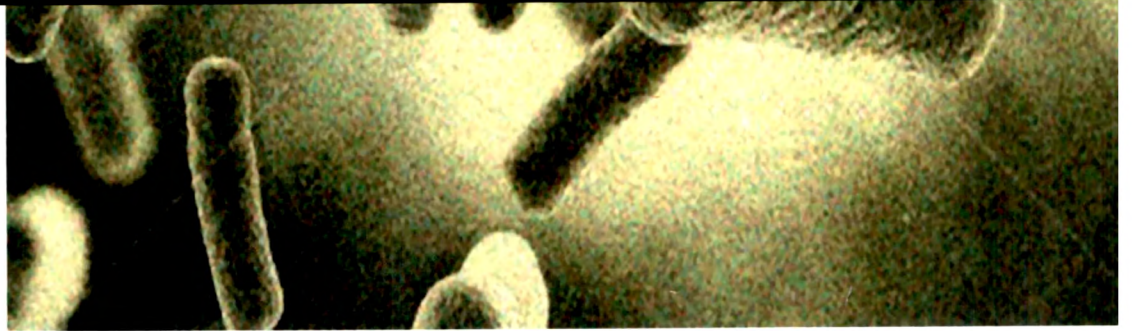




Recommendations



CHAPTER 7

RECOMMENDATIONS

The present study has revealed that selected FOS incorporated food products can be incorporated in variety of food items at various concentrations. HPLC technique has showed to be an effective method to study the recovery of FOS in the food products after processing. Supplementation of 10 g FOS for 8 weeks improves glycemic and lipemic response of type 2 diabetes subjects and also helps in lowering atherogenic lipid indices, increases establishment of beneficial gut microbiota and thereby reduce the risk of development of secondary complications of diabetes. Therefore this is recommendations that arise from the study include:

- FOS incorporated food products like *chapati*, *thepla*, *dhokla* and *patra* can be consumed upto 20% substitution which can contribute to the total dietary fiber intake in the therapeutic dose required for dietary management of type 2 diabetes mellitus.
- Roasting and shallow frying as compared to steaming should be chosen as a processing technique for maximum recovery of the FOS from the processed foods.
- Regular consumption of 10 g FOS is recommended to type 2 diabetic subjects for better glycemic and lipemic control and for maintaining a positive balance in the gut microbial population.