

ABBREVIATIONS

ADA: American Diabetes Association

ADP: Adenosine Diphosphate

AFS: Antidepressant Food Score

ANOVA: Analysis of Variance

ATP: Adenosine Triphosphate

BMI: Body Mass Index

BPH: Benign Prostatic Hyperplasia

CE: Cholesterol Esterase

CHD: Congestive Heart Diseases

CM: Chylomicrons

CO: Cholesterol Oxidase

CRD: Chronic Respiratory Diseases

CRP: C Reactive Protein

CVD: Cardiovascular Diseases

DBP: Diastolic Blood Pressure

DD: Diabetes Distress

DM: Diabetes Mellitus

DPP: Dipeptidyl Peptidase

DPPH: α -Diphenyl- β -Picrylhydrazyl

DRD: Diabetes Related Distress

EVOO: Extra Virgin Olive Oil

FBS: Fasting Blood Sugar

FDA: Food and Drug Administration

FRAP: Ferric Reducing Ability of Plasma

FSSAI: Food Safety and Standards Authority of India

GC: Gas Chromatography

GDM: Gestational Diabetes Mellitus

GI: Glycemic Index

GL: Glycemic Load

GLP: Glucagon-Like Peptide

GPAQ: Global Physical Activity Questionnaire

GR: Glycemic Response

HbA1C: Glycated Hemoglobin

HDL: High-Density Lipoprotein

HK: Hexokinase

HOMA-IR: Homeostasis Model Assessment-Estimated Insulin Resistance

HPLC: High Pressure Liquid Chromatography

HPO: Horseradish Peroxidase

HRQoL: Health Related Quality of Life

iAUC: Incremental Area Under Curve

ICMR INDIAB: Indian Council of Medical Research of Indian Diabetes

ICMR: Indian Council of Medical Research

IDF: Indian Diabetes Federation

IGT: Impaired Glucose Tolerance

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IIFPT: Indian Institute of Food Processing Technology

INDIAB: India Diabetes Study

IPSS: International Prostate Symptom Score

ISO: International organization for standardization

IV: Intravenous

JNC: Joint National Committee

LDL: Low-Density Lipoprotein

LMIC: Low Middle-Income Countries

LPL: Lipoprotein Lipase

MCI: Mild cognitive impairment

MD: Mediterranean Diet

MET: Metabolic Equivalent

MMSE: Mini Mental State Exam

MNT: Medical Nutrition Therapy

MTT: Meal Tolerance Test

NABL: National Accreditation Board for Testing and Calibration Laboratories

NADH: Nicotinamide Adenine Dinucleotide (NAD) + Hydrogen (H)

NCD: Non-Communicable Diseases

NCEP-ATP: National Cholesterol Education Program (NCEP) Adult Treatment Panel

NIDDM: Non-Insulin Dependent Diabetes Mellitus

OHA: Oral Hypoglycemic Drug

PA: Physical Activity

PES: Pumpkin Seed Extract

PSO: Pumpkin Seed Oil

QOL: Quality of life

RDA: Recommended Dietary Allowances

ROS: Reactive Oxygen Species

SBP: Systolic Blood Pressure

SEAR: South East Asia Region

SGLT: Sodium-Glucose Co-Transporter

SPSS: Statistical Package for Social Sciences

T2D: Type 2 Diabetes

T2DM: Type 2 Diabetes Mellitus

TG: Triglycerides

TPTZ: Ferric Tripyridal Triazine

TZD: Thiazolidinediones

US: United States

VAS: Visual Analog Scale

VLDL: Very-Low-Density Lipoproteins

WC: Waist Circumference

WHO: World Health Organization

WHR: Waist Hip Ratio

WMD: Weighted Mean Difference