

THE EFFECTS OF CORN (ZEA MAYS) IN THE DIETARY MANAGEMENT OF PATIENTS WITH TYPE 2 DIABETES MELLITUS

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Background World's Healthiest Foods (2011) identified Corn (Zea Mays) to have a low Glycemic Index. This prevents too rapid or too slow digestion of food. This also provides patients with Type 2 diabetes mellitus (Type 2 DM) good blood glucose benefits.

Objectives The purpose of the study is to determine the effects of corn (Zea Mays) in the dietary management of patients with type 2 diabetes mellitus. The study will help patients with type 2 diabetes mellitus maintain their blood glucose levels within normal limits to help prevent complications.

Methods Quasi-experimental design was used. Subjects were purposively selected from Mandaluyong City (n=30) and randomly assigned into experimental and non-equivalent comparison groups. Subjects in the experimental group were given 1 cup of corn three times a day for 8 weeks, while subjects in the non-equivalent comparison group continued to eat white rice with the same amount, frequency, and period. Monitoring and compliance were assessed by conducting scheduled and unscheduled visits of at least twice a week. The effects of corn rice (Zea Mays) were measured using the following parameters - Fasting Blood Sugar (FBS), Random Blood Sugar (RBS), Blood Pressure (BP), Body weight, Body Mass Index (BMI) and Mid-Upper Arm Circumference (MUAC). All devices were calibrated prior to the test. The differences between the two groups were tested across all parameters using the Wilcoxon Signed Rank Test and Mann Whitney U-Test for independent samples.

Result Those who belong to the experimental group showed a statistically significant decrease in their RBS, Body Weight, BMI, Waist Circumference and Mid-Upper Arm Circumference.

Conclusion Corn can be an effective dietary management for patients who are suffering from Type 2 Diabetes Mellitus. These results can serve as basis for nurses in providing dietary management for patients with Type 2 Diabetes Mellitus.

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