



## Grapes Likeliness in Reference to Blood Sugar Level

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### Abstract

The objective of the present study was to check the relationship between blood sugar level and the grapes likeliness. As the grapes are sweet fruits so they ultimately affect the blood glucose level. First we have measure the blood glucose level of the participants. There are two methods for the measurement of blood glucose level. First is a laboratory method that is time consuming. We used simple method for BGL that is described below. Before starting the procedure first we should managed the some essential tools that are test strips, blood glucose meter, alcohol swab, lancet and chart of blood glucose level. First we clean the second finger with help of cotton and entered the lancet into the finger and got a drop of blood by gently pushing. This drop of water is removed from the strip and is placed on the meter which can easily measure our blood sugar level and show the results on the screen. We have to compare these results with our previous and other test results and by this we can judge that our blood glucose is normal, high or low. We have used fingertip test to measure the blood glucose concentrations of almost 110 people and obtained results. All the results are given in table and they are also represented in graphical form. The data which we have collected from different students by using a Performa and calculating their p values showed that there is no relation between grapes likeliness and blood sugar level.

**Keywords:** Grapes likeliness; Blood sugar level; Hypoglycemia; Diabetes mellitus; Heart diseases

### Introduction

The blood glucose is the concentration of glucose (sugar) that is found in the blood of organisms such as humans and other animals. Glucose is found in the form of simple sugar and glucose is about 4 g in 70 kg blood of the humans [1,2]. Body continuously maintains the level of blood glucose. Glucose is depositing in the form of glycogen and it is accumulate in the skeletal muscle and in the liver cells. Glucose is the main source of energy and it is very necessary for different body function such as it is necessary for tissues and mainly for brain. It is transferred throughout the body by the bloodstream. It is regulated by the insulin that is generated in the pancreas. If glucose in the blood is high then insulin is released in response to signal while when then blood glucose is very small then glucagon hormone is released. Before eating breakfast in the morning, it is present in small amount. In fasting the normal amount of it's in the blood is 70 to 110

mg/dl. If glucose concentration in the blood is high that is known as hyperglycemia while low concentration of glucose in the blood known as hypoglycemia. If body fails to maintain the blood glucose level then it can be caused several diseases such as diabetes mellitus. Drinking alcohol causes suddenly increase the blood glucose and later it decreases the blood glucose. Similarly use of drugs have same effect like alcohols, drugs can enhance and reduce the blood glucose level. There are many tests that are used to indicate the blood glucose. Blood glucose can also be enhancing by the eating food [3,4].

Grapes are widely used fruits and they are found in different colors for example green, red, seedless and purple. Grapes not only the great part of horticulture crop while they have also antique historical relation with the growth man culture. Grapes are used for different purposes either they are used as a fresh fruit or can be used to generate alcohol, juice and extracted grapes seed. Juice of grapes can be obtained by the mashing of grapes. According to scientific evident that by using the grapes and sipping red wine can prevent us from the cancer. Oils that is obtained mashing the grapes seeds is used to for the cosmetics and body care. There are many nutrients in the grapes that are beneficial for human health [5,6]. These nutrients protect us from many disease such as heart diseases, cancer and eye diseases. Grapes are usually found in the form of clusters. Grapes contain nutrients and many plant compounds that reduce the aging process and enhance the life time of peoples [7,8]. Grapes also provide the vitamin c that plays an important role in our immune system. Test tube experiment shows that skin of grapes is used to secure us from flu virus. Grapes nutrient such as resveratrol also secure us from food borne diseases by added in the food because it inhibit the growth of adverse bacteria for example *E coli*.

The aim of present study was to anatomize the interaction between liking of grapes and blood glucose level [9,10].

### Materials and Methods

#### Procedure of measurement of Blood Glucose Level (BGL)

There are two methods for the measurement of blood glucose level. First is a laboratory method that is time consuming. We used simple method for BGL that is described below. Before starting the procedure first we should managed the some essential tools that are test strips, blood glucose meter, alcohol swab, lancet and chart of blood glucose level. First we clean the second finger with help of cotton and entered the lancet into the finger and got a drop of blood by gently pushing. This drop of water is removed from the strip and is placed on the meter which can easily measure our blood sugar level and show the results on the screen. We have to compare these results with our previous and other test results and by this we can judge that our blood glucose is normal, high or low. We have used fingertip test to measure the blood glucose concentrations of almost 110 people and obtained results.

#### Project design

A group of 25 males and 85 females took part in this design. A total 110 subjects that involved in this project. All of these participants gave information. A questionnaire base Performa was given to all these participants and measured their blood glucose level. We gathered information and anatomized.

### Statistical analysis

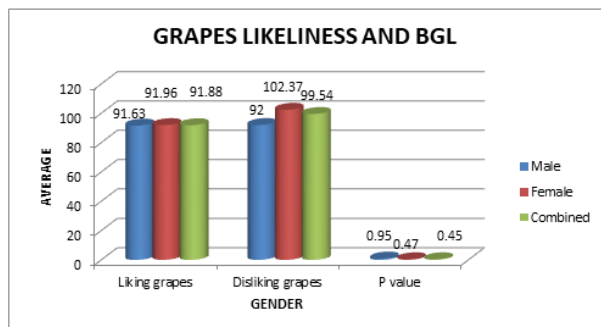
Data are shown in means  $\pm$  Standard deviation and analysis is done with using MS excel and t-test is performed for analysis and  $p < 0.05$  value is significantly taken.

### Results

Interaction of liking of grapes with blood glucose level (Table 1 and Figure 1).

Gender	Liking grapes	Disliking grapes	P value
Male	91.63 $\pm$ 5.75	92 $\pm$ 9.64	0.95
Female	91.96 $\pm$ 7.84	102.37 $\pm$ 38.54	0.47
Combined	91.88 $\pm$ 7.40	99.54 $\pm$ 32.89	0.45

**Table 1:** Interaction of liking of grapes (Mean  $\pm$  Standard deviation) with blood glucose level.



**Figure 1:** Showed that p value of male, female and combined is greater than  $p < 0.05$  that is taken as significant. It was indicated that there is no scientific interaction between liking of grapes, disliking of grapes and blood glucose level.

### Conclusion

The data which we have collected from different students by using a Performa and calculating their p values showed that there is no relation between grapes likeliness and blood sugar level.

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