

Diabetes-dataset

	Paper headline	Links	Tips	Item
1	Effect of high β -glucan barley on postprandial blood glucose levels in subjects with normal glucose tolerance: assessment by meal tolerance test and continuous glucose monitoring system	Effect of High β-glucan Barley on Postprandial Blood Glucose and Insulin Levels in Type 2 Diabetic Patients	Oats are rich in β -glucan, a form of soluble dietary fibre and may help in lowering post-prandial blood glucose levels	Barley
2	Oat β -glucan: physico-chemical characteristics in relation to its blood-glucose and cholesterol-lowering properties.	https://www.researchgate.net/publication/266324648_Oat_beta-glucan_Physico-chemical_characteristics_in_relation_to_its_blood-glucose_and_cholesterol-lowering_properties	Oats are rich in β -glucan, a form of soluble dietary fibre and may help in lowering post-prandial blood glucose levels and fasting plasma cholesterol	Whole Oat
3	Soyfoods, glycemic control and diabetes	https://www.sciencedirect.com/science/article/abs/pii/S0985056220304465?via%3Dihub	Soyfoods are a rich source of isoflavones and may help in the management of glycemic control and diabetes.	Soy
4	Health benefits of finger millet (<i>Eleusine coracana</i> L.) polyphenols and dietary fiber: a review	NCBI - WWW Error Blocked Diagnostic	Finger millets are a rich source of calcium, dietary fiber, and phenolic compounds which are anti-diabetic, antioxidant, and antimicrobial in nature.	Finger Millets
5	Assessment of sensory and nutritional attributes of foxtail millet-based food products	Assessment of sensory and nutritional attributes of foxtail millet-based food products	Foxtail millets have high resistant starch and low PGI (predicted glycemic index) and are rich in protein and dietary fiber, all of which aid in the prevention/regulation of non-communicable diseases like diabetes and obesity.	Foxtail Millets
6	Nutritional and bioactive characteristics of buckwheat, and its potential for developing gluten-free products	NCBI - WWW Error Blocked Diagnostic	Buckwheat proteins maintain the balance of blood glucose levels and hence may help in management of diabetes	Buckwheat

7	Nutritional and bioactive characteristics of buckwheat, and its potential for developing gluten-free products	https://onlinelibrary.wiley.com/doi/10.1002/fsn3.3166	Buckwheat is a good source of nutrients, bioactive components, phytochemicals, and antioxidants and is a valuable gluten-free alternative for celiac's and other health-related diseases	Buckwheat
8	Phytochemical Profile of Brown Rice and Its Nutrigenomic Implications	NCBI - WWW Error Blocked Diagnostic	Brown rice is known for anti-diabetic, anti-cholesterol, cardioprotective and antioxidant properties as it contains many types of phenolic acids.	Brown Rice
9	Superfoods for Type 2 Diabetes: A Narrative Review and Proposal for New International Recommendations	NCBI - WWW Error Blocked Diagnostic	The American Diabetes Association recommends the consumption farro, which is a good sources of fibre, as well as vitamins and minerals among the list of grains in the diet of T2DM patients.	Farro
10	Intake of whole grain foods and risk of type 2 diabetes: results from three prospective cohort studies	NCBI - WWW Error Blocked Diagnostic	Bulgur, cracked parboiled, whole grain wheat, is a Low Glycemic Index(GI) food may help in reduced blood glucose response.	Bulgur
11	Quinoa (Chenopodium quinoa Willd.): An Overview of the Potentials of the "Golden Grain" and Socio-Economic and Environmental Aspects of Its Cultivation and Marketization	Quinoa (Chenopodium quinoa Willd.): An Overview of the Potentials of the "Golden Grain" and Socio-Economic and Environmental Aspects of Its Cultivation and Marketization	Quinoa is has a high amount of essential fatty acids, minerals, vitamins, dietary fibers, and carbohydrates with beneficial hypoglycemic effects	Quinoa
12	Health Benefits and Importance of Utilizing Wheat and Rye	https://www.researchgate.net/profile/A-Shehzad/publication/328052439_Health_benefits_and_importance_of_utilizing_wheat_and_rye/links/5bb52cc845851574f7f7e74a/Health-benefits-and-importance-of-utilizing-wheat-and-rye.pdf	Rye is rich in different nutrients and its bran is an excellent source of dietary fiber. They also provide substances such as lignans, alkyresorcinol, phytosterols, phenolic acids, folates, tocopherols and tocotrienols, which help to prevent digestive disorders and cancer but also provide protection against cardiovascular diseases and help in reduction of the different health problems such as constipation, obesity, diabetes and appendicitis.	Whole Rye
13	Low glycemic response to traditionally processed wheat and rye products	Access via institution	Pumpernickel bread, a whole grain rye bread, helps reduce	Pumpernickel bread

			postprandial surges in blood glucose in diabetes patients.	
14	The potential role of selected bioactive compounds from spelt and common wheat in glycemic control	https://advances.umw.edu.pl/pdf/2017/26/6/1013.pdf	Spelt, an ancient grain is rich in dietary fibers, both soluble and insoluble. Soluble fibers, including β -glucans, pectins, mucilages, gums and some hemicelluloses may help reduce blood glucose spikes.	Spelt
15	Low-Glycemic Index Diets in the Management of Diabetes: A meta-analysis of randomized controlled trials	Low-Glycemic Index Diets in the Management of Diabetes: A meta-analysis of randomized controlled trials	Some low-GI foods are beans, peas, lentils, pumpernickel bread, bulgur, parboiled rice, barley, and oats.	Low Glycemic Index(GI) foods
16	Low-Glycemic Index Diets in the Management of Diabetes: A meta-analysis of randomized controlled trials	Low-Glycemic Index Diets in the Management of Diabetes: A meta-analysis of randomized controlled trials	Some high-GI foods are white bread, white rice, potato and processed breakfast cereals.	High Glycemic Index(GI) foods
17	Sorghum (<i>Sorghum bicolor</i> L.): Nutrients, bioactive compounds, and potential impact on human health	Sorghum (Sorghum bicolor L.): Nutrients, bioactive compounds, and potential impact on human health	Phenolics compounds and fat soluble compounds (polycosanols) isolated from sorghum benefit the gut microbiota and parameters related to obesity, oxidative stress, inflammation, diabetes, dyslipidemia, cancer, and hypertension.	Sorghum
18	Health aspects of peanuts as an outcome of its chemical composition	NCBI - WWW Error Blocked Diagnostic	Peanuts have a desirable lipid profile, which is naturally trans-fat-free, cholesterol-free, and low in saturated fats, contributes to improved glycemic control and thereby helps in better management of diabetes.	Peanuts
19	The Potential of Parsley Polyphenols and Their Antioxidant Capacity to Help in the Treatment of Depression and Anxiety: An In Vivo Subacute Study	The Potential of Parsley Polyphenols and Their Antioxidant Capacity to Help in the Treatment of Depression and Anxiety: An In Vivo Subacute Study	Parsley is rich in polyphenols, vitamins, carotenoids, and tannins which are antioxidant, analgesic, spasmolytic, antidiabetic, and have immuno-modulating, and gastrointestinal effects.	Parsley
20	The hepatoprotective effects of fennel seeds extract and <i>trans</i> -Anethole in streptozotocin-induced liver injury in rats	NCBI - WWW Error Blocked Diagnostic	Fennel seed extract is able to protect the liver against diabetes-induced hepatic injury, through hypoglycemic and antioxidant effects.	Fennel

21	Antidiabetic Effects and Mechanisms of Rosemary (<i>Rosmarinus officinalis</i> L.) and its Phenolic Components	https://www.worldscientific.com/doi/10.1142/S0192415X20500664?rfr_dat=cr_pub++0pubmed&rfr_id=ori%3Arid%3Aacrossref.org&url_ver=Z39.88-2003	Rosemary extract and its phenolic constituents, especially carnosic acid, rosmarinic acid, and carnosol, could significantly improve diabetes by regulating glucose metabolism, lipid metabolism, anti-inflammation, and anti-oxidation.	rosemary
22	Glycyrrhiza glabra (Licorice): A Comprehensive Review on Its Phytochemistry, Biological Activities, Clinical Evidence and Toxicology	NCBI - WWW Error Blocked Diagnostic	Licorice extracts and licorice flavonoids have properties that are hepatoprotective, anticancer, antibacterial, and its metabolites have a great therapeutic potential for the treatment of diabetes.	Licorice
23	Cinnamon Use in Type 2 Diabetes: An Updated Systematic Review and Meta-Analysis	NCBI - WWW Error Blocked Diagnostic	The consumption of cinnamon is associated with a statistically significant decrease in levels of fasting plasma glucose, total cholesterol, LDL-C, and triglyceride levels, and an increase in HDL-C levels, which can help in the prevention or treatment of type 2 diabetes.	Cinnamon
24	Chemistry, Pharmacology, and Medicinal Property of Sage (<i>Salvia</i>) to Prevent and Cure Illnesses such as Obesity, Diabetes, Depression, Dementia, Lupus, Autism, Heart Disease, and Cancer	https://www.sciencedirect.com/science/article/pii/S2225411016302206	Sage extract has hypoglycemic effects and decreases serum glucose in type I diabetics.	Sage
25	REVIEW ON ARJUNA (TERMINALIA ARJUNA ROXB.) WITH SPECIAL REFERENCE TO PRAMEHA (DIABETES)	https://wjpr.s3.amazonaws.com/article_issue/1556881632.pdf	<i>arjuna</i> is used in <i>Ayurveda</i> in treatment of <i>diabetes</i> .	Arjuna
26	The Efficacy of Ginseng-Related Therapies in Type 2 Diabetes Mellitus	NCBI - WWW Error Blocked Diagnostic	Ginseng related therapy may help in lower fasting blood glucose levels and postprandial glucose levels.	Ginseng
27	A comprehensive review on the diverse pharmacological perspectives of <i>Terminalia chebula</i> Retz	NCBI - WWW Error Blocked Diagnostic		Haritaki

28	<p><i>In silico</i> screening and pharmacokinetic properties of phytoconstituents from <i>Ferula asafoetida</i> H.Karst. (Heeng) as potential inhibitors of α-amylase and α-glucosidase for Type 2 Diabetes Mellitus</p>	<p>NCBI - WWW Error Blocked Diagnostic</p>	controlling postprandial blood sugar levels.	Asafoetida
29	<p>Potential mechanism of anti-diabetic activity of <i>Picrorhiza kurroa</i></p>	<p>https://oak.go.kr/central/journalist/journaldetail.do?article_seq=17543</p>	Kutki is traditional Ayurvedic herb used as a remedy for diabetes.	Kutki
30	<p>Explore the therapeutic potential and bioevaluation of giloy leaves (<i>Tinospora cordifolia</i>) powder for the management of type 2 diabetes</p>	<p>https://www.researchgate.net/profile/Ahad-Mehmood-2/publication/366531361_Explore_the_therapeutic_potential_and_bioevaluation_of_giloy_leaves_Tinospora_cordifolia_powder_for_the_management_of_type_2_diabetes/links/63a59375a03100368a20a20b/Explore-the-therapeutic-potential-and-bioevaluation-of-giloy-leaves-Tinospora-cordifolia-powder-for-the-management-of-type-2-diabetes.pdf</p>	Giloy leaves powder was found to be effective in dealing with type 2 diabetes, reducing blood sugar levels and Hemoglobin A1c.	Giloy
31	<p>Antioxidant effect of <i>Aloe vera</i> gel extract in streptozotocin-induced diabetes in rats</p>	<p>http://ifpan.krakow.pl/pjp/pdf/2005/1_90.pdf</p>	<i>Aloe Vera</i> can decrease the levels of blood glucose, glycosylated hemoglobin and increase hemoglobin in pre-diabetes and type 2 diabetes.	<i>Aloe Vera</i>
32	<p>The effect of saffron (<i>Crocus sativus</i> L.) hydroalcoholic extract on metabolic control in type 2 diabetes mellitus: A triple-blinded randomized clinical trial</p>	<p>NCBI - WWW Error Blocked Diagnostic</p>	Saffron hydroalcoholic extract may considerably improve blood glucose control by reducing FBS serum concentrations in type 2 diabetes patients.	Saffron

33	Polysaccharide Derived from <i>Nelumbo nucifera</i> Lotus Plumule Shows Potential Prebiotic Activity and Ameliorates Insulin Resistance in HepG2 Cells	🔗 NCBI - WWW Error Blocked Diagnostic	Lotus seeds are rich in flavonoids and alkaloids and hence may help in stabilizing blood pressure levels in the body.	Lotus Seeds
34	Phytochemical and Pharmacological Properties of <i>Gymnema sylvestre</i> : An Important Medicinal Plant	🔗 NCBI - WWW Error Blocked Diagnostic	<i>Gymnema sylvestre</i> is a sweet suppressor and is a well know herb in Ayurveda to treat diabetes and other ailments. It has many phytochemicals and bioactive components that help trigger insulin secretion and release, and regulate blood glucose levels.	Gudmar
35	<i>In-Vitro</i> α -amylase, α -glucosidase Inhibitory Activities and <i>In-Vivo</i> Anti-Hyperglycemic Potential of Different Dosage Forms of Guduchi (<i>Tinospora Cordifolia</i> [Willd.] Miers) Prepared With Ayurvedic Bhavana Process	🔗 NCBI - WWW Error Blocked Diagnostic	Tinospora Cordifolia is well know herb in Ayurveda to treat diabetes. This herb has α -amylase and α -glucosidase inhibitors, which help in slowing carbohydrate digestion, and thereby prevent spikes in blood glucose levels after meals.	Guduchi
36	Astounding Health Benefits of Jamun (<i>Syzygium cumini</i>) toward Metabolic Syndrome	🔗 NCBI - WWW Error Blocked Diagnostic	The peel, pulp, and seed of the Jamun are all significant sources of antioxidants, polyphenols, flavonoids, minerals, vitamins, and phytochemicals. It is mostly used as a medication to treat various metabolic issues, including diabetes, hyperlipidemia, hypertension, obesity, etc.	Java plum
37	Therapeutic effect of wood apple on hypertension and diabetes	https://www.researchgate.net/publication/344341644_Therapeutic_effect_of_wood_apple_on_hypertension_and_diabetes	Wood apples are rich in phenolic compounds, which have therapeutic effects on reducing blood sugar levels, serum creatinine level, blood pressure, and increased hemoglobin.	wood apple
38	Antihyperglycemic Potential of <i>Grewia asiatica</i> Fruit Extract against Streptozotocin-Induced Hyperglycemia: Anti-Inflammatory and Antioxidant Mechanisms	🔗 NCBI - WWW Error Blocked Diagnostic	Ethanol extract of Phalsa fruit possesses significant hypoglycemic, antioxidant, and immunomodulatory effects. The presence of several bioactive compounds in this plant extract, particularly flavonoids and phenolic acids can help in the treatment of diabetes	Phalsa

39	Aqueous Extract of Garcinia Indica Choisy Restores Glutathione in Type 2 Diabetic Rats	🔗 NCBI - WWW Error Blocked Diagnostic	Kokum has anti-diabetic activity along with GSH restoration and is beneficial in the treatment of type 2 diabetes specifically by preventing the risk of developing complications.	Kokum
40	Traditional Indian Medicines Used for the Management of Diabetes Mellitus	🔗 NCBI - WWW Error Blocked Diagnostic	<i>Pterocarpus marsupium</i> is a very well known herb in Ayurveda and it contains various terpenoids and phenolic compounds. These antioxidants help reduce blood sugar levels, help β -cell protective and regenerative properties as well as enhance insulin release and conversion of proinsulin to insulin.	Indian kino tree
41	Consumption of Raw Orange, 100% Fresh Orange Juice, and Nectar- Sweetened Orange Juice—Effects on Blood Glucose and Insulin Levels on Healthy Subjects	🔗 NCBI - WWW Error Blocked Diagnostic	Oranges have favorable effects in terms of eliciting lower insulin levels and significant decrease in insulin response, aiding in diabetes control.	Oranges
42	Biological attributes of lemon: A review	📄 Biological attributes of lemon: A review	Lemons have natural compounds containing ascorbic acid, minerals, citric acid, essential oils and flavonoids in different parts of its leaves, stem, root and flower, making it a source of anti-diabetic, anticancer, antimicrobial and anti-inflammatory properties.	Lemon
43	Potential Mechanisms of the Improvement of Glucose Homeostasis in Type 2 Diabetes by Pomegranate Juice	🔗 NCBI - WWW Error Blocked Diagnostic	Pomegranate juice has a substantial variety of bioactive compounds with potential action against metabolic disorders, including type 2 diabetes. It provides glucose homeostasis through multiple modes of action, including increased antioxidant activity, and an increase in the function of B-cells.	Pomegra nate
44	Functional and Nutraceutical Significance of Amla (Phyllanthus emblica L.): A Review	📄 Functional and Nutraceutical Significance of Amla (Phyllanthus emblica L.): A Review	Indian gooseberry, or Amla, is rich in antioxidants and polyphenols, which improve cholesterol metabolism and assist in the regulation of glucose and insulin levels.	Amla, Indian gooseberry

45	Avocado consumption is associated with better diet quality and nutrient intake, and lower metabolic syndrome risk in US adults: results from the National Health and Nutrition Examination Survey	Avocado consumption is associated with better diet quality and nutrient intake, and lower metabolic syndrome risk in US adults: results from the National Health and Nutrition Examination Survey (NHANES) 2001–2008 - Nutrition Journal	Avocado is associated with a higher intake of mono- and polyunsaturated fat, dietary fiber and several vitamins and minerals; lower body weight, BMI; higher HDL-C; and decreased risk of metabolic syndrome and may help in regulation of blood glucose levels.	Avocado
46	Overview of Ash Gourd as a Nutraceutical Source	https://ijpr.humanjournal.com/wp-content/uploads/2023/05/16.Tushar-Undegaonkar-Dipasha-Sugnani-Shraddha-Dingare.pdf	Ash gourd is a good source of flavonoids and carotenes, which help to protect the body against cell damage and prevent certain conditions like – type 2 diabetes and heart diseases	Ash gourd
47	Hypoglycemic effect of aqueous extract of <i>Trichosanthes dioica</i> in normal and diabetic rats	NCBI - WWW Error Blocked Diagnostic	The aqueous extract of the leaves of pointed gourd can have antidiabetic activity as it lowers serum glucose levels in diabetic's and significantly increases glucose tolerance.	Pointed gourd(Patola)
48				White goosefoot
49	Role of Fenugreek in the prevention of type 2 diabetes mellitus in prediabetes	NCBI - WWW Error Blocked Diagnostic	Fenugreek can delay the onset of diabetes in people with prediabetes. and fenugreek powder is useful to lower blood glucose and cholesterol levels.	Fenugreek
50	Bitter Gourd (<i>Momordica charantia</i>): a Dietary Approach to Hyperglycemia	Bitter Gourd (Momordica charantia): a Dietary Approach to Hyperglycemia	Bitter gourd contains substances with antidiabetic properties such as charantin, vicine, and polypeptide-p, as well as antioxidants.	Bitter gourd
51	Effect of amaranth consumption on diabetes-related biomarkers in patients with diabetes	https://www.researchgate.net/profile/Jose-Huerta-Ocampo/publication/317549175_Effect_of_amaranth_consumption_on_diabetes-related_biomarkers_in_patients_with_diabetes/links/5940037745851554614952f1/Effect-of-amaranth-consumption-on-	Amaranth, a food containing bioactive peptides, is a promising treatment for diabetes and obesity health improvements.	Amaranth

		diabetes-related-biomarkers-in-patients-with-diabetes.pdf		
52	<i>Moringa oleifera</i> Lam. in Diabetes Mellitus: A Systematic Review and Meta-Analysis	🔒 Moringa oleifera Lam. in Diabetes Mellitus: A Systematic Review and Meta-Analysis	Moringa aids in the reduction of blood glucose, triglyceride, and cholesterol levels in diabetes patients treated with moringa extracts.	Moringa
53	<i>In vitro</i> studies of eggplant (<i>Solanum melongena</i>) phenolics as inhibitors of key enzymes relevant for type 2 diabetes and hypertension	https://www.sciencedirect.com/science/article/abs/pii/S0960852407005342	Eggplant has a positive effect on hyperglycemia risk factors, are high in antioxidants and aid in glucose absorption, which are useful in the treatment of high blood pressure in both diabetic and non-diabetic patients.	Eggplant
54	Anti-diabetic potential of ivy gourd (<i>Coccinia grandis</i> , family: Cucurbitaceae) grown in Sri Lanka: A review	https://www.phytojournal.com/archives/2016/vol5issue6/PartD/5-6-31-478.pdf	Ivy gourd aids in diabetes protection by its anti-hyperglycemic and antioxidant properties. It is effective for the development of potential nutraceuticals against diabetes.	Ivy gourd
55	Bioactive Chemicals and Biological Activities of Elephant Foot Yam (<i>Amorphophallus Paeoniifolius</i> (Dennst.) Nicolson)	https://link.springer.com/referenceworkentry/10.1007/978-3-031-29006-0_8-1	Elephant foot yam is high in dietary fiber, minerals (potassium, phosphorus, and iron), vitamins (A, B, Niacin, etc.), and low levels of fat, all of which can help prevent diabetes and heart disease.	Elephant foot yam
56	PLAUSIBLE EFFECT OF BOTTLE GOURD (LAGENARIA SICERARIA) PULP ON GLYCEMIC STATUS AND LIPID PROFILE OF THE SUBJECTS WITH TYPE II DIABETES	https://d1wqtxts1xzle7.cloudfront.net/74846233/Plausible_Effect_of_Bottle_Gourd_Lagena20211118-27395-16x140c.pdf?1637251234=&response-content-disposition=inline%3B+filename%3DPlausible_Effect_of_Bottle_Gourd_Lagenar.pdf&Expires=1705812514&Signature=ENTfJ7Fdoq7TCckhk0yllwla~dOSlc9h1BfbUoGKpjwoTuG4-sGzw15fl3xPtivYh5J1ZA7Ecoqx8mpmkC6SRpkvzZY2zZqB5Qnc~NuqXeznU9YAmvaMOW	Bottle gourd is high in dietary fiber and reduces systolic and diastolic blood pressure which has been related to risk reduction for a number of chronic diseases including heart disease, certain cancers and diabetes	Bottle gourd

		<p>YgvgPtDf6hf-CUaI7S4wnd2oSPI4Ey0Kla16gzdHrEuc-JoUg2r7560ocWPNLr8C8JY3GrK9IniKZEPFI1e1c4UUUXCT6xBKYoMbIHDCT4znQTO~tGAPJO5UK3Sdvlgt6yl4wJOOccY68xhdgA0UP7ITy9GKG4aWL2leRH061kGe~1qeGdXBxImI QZBGyLQwLOGVePsNHILP6ZSO85EP9kfPgX2fxQog__&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA</p>		
57	Inhibitory Effect of Garlic, Purple Onion, and White Onion on Key Enzymes Linked with Type 2 Diabetes and Hypertension	<p>Inhibitory Effect of Garlic, Purple Onion, and White Onion on Key Enzymes Linked with Type 2 Diabetes and Hypertension</p>	White onion and purple onion exert anti-diabetes and antihypertensive properties through the inhibitory effect on α -amylase and α -glucosidase coupled with their ability to prevent lipid peroxidation in the pancreas and heart, because of its antioxidant properties.	Onion
58	<i>Abelmoschus esculentus</i> (Okra) potential natural compound for prevention and management of Diabetes and diabetic induced hyperglycemia: Review	<p>https://d1wqtxts1xzle7.cloudfront.net/80455650/5-5-13-574-libre.pdf?1644307167=&response-content-disposition=inline%3B+filename%3DAbelmoschus_esculentus_Okra_potential_na.pdf&Expires=1705813265&Signature=XfvhJ8GxUwLpn5~2EzgMOgR-3v4r26z8XSDDWeuDR C7QewIHhTg-BzUmbNkYjhLP5yVS4S7bOrGbVK7PywhfxThdQEaICd9E9Ycr8yGQqzufgf43DNofJPbhppBojLnHSKfGMZV2YI XUktXB-gvkoTyV17cRF3tMLTkGXHT-IAfomR1We3DCuazcqYex3xCVZ45lp-Xa4o7Bvd1FuT9wRoQl8ZM0YOEjllc0KD3ZmpNKO7PKPGIkOGJCTy</p>	Chinese okra is high in antioxidants, which are exerted by high contents of natural flavonoids, and provide effective protection against diabetes and diabetic induced hyperglycemia.	Chinese okra

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59	Phytochemical and biological review of <i>Aegle marmelos</i> Linn	NCBI - WWW Error Blocked Diagnostic		Holy Fruit
60	Radish (<i>Raphanus sativus</i>) and Diabetes	Radish (Raphanus sativus) and Diabetes	Radish has anti-diabetic effects due to its ability to enhance the antioxidant defense mechanism and reduce the accumulation of free radicals, affect hormonal-induced glucose hemostasis, promote glucose uptake and energy metabolism, and reduce glucose absorption in the intestine.	Radish
61	Carrot Juice Consumption Reduces High Fructose-Induced Adiposity in Rats and Body Weight and BMI in Type 2 Diabetic Subjects	NCBI - WWW Error Blocked Diagnostic	Carrot juice consumption can reduce body weight, BMI, and body fat percent, accompanied by increased plasma β -carotene levels in type 2 diabetics.	Carrot
62	Mechanism of Anti-Diabetic Activity from Sweet Potato (<i>Ipomoea batatas</i>): A Systematic Review	NCBI - WWW Error Blocked Diagnostic	Sweet potatoes are rich in phenolic acids, flavonols, flavanones, and anthocyanidins, making them effective in the treatment of type 2 diabetes.	Sweet potato
63	A review of the effects of <i>Capsicum annuum</i> L. and its constituent, capsaicin, in metabolic syndrome	NCBI - WWW Error Blocked Diagnostic	Red pepper and its active constituent, capsaicin, have anti-hyperlipidemic effect mostly by reduction of cholesterol intestinal absorption and elevation of cholesterol and triglycerides, which is antidiabetic in nature.	Red pepper
64	Antidiabetic potential of <i>Asparagus racemosus</i> Willd leaf extracts through inhibition of α -amylase and α -glucosidase	NCBI - WWW Error Blocked Diagnostic	Asparagus is rich in phytochemicals (i.e., total flavonoids and triterpenoids content) that are anti-bacterial, anti-oxidative, anti-cancer and may be used in the management of type 2 diabetes.	Asparagus

65	Nutritional Composition and Antioxidant Properties of Fruits and Vegetables - Chapter 18 Cluster beans	https://www.sciencedirect.com/science/article/pii/B9780128127803000180	Cluster beans decrease the rate of sugar absorption within the small intestine following a meal. Consuming soluble fiber decreases cholesterol and helps weight and diabetes management.	Cluster beans
66	Protective mechanisms of <i>Cucumis sativus</i> in diabetes-related models of oxidative stress and carbonyl stress	NCBI - WWW Error Blocked Diagnostic	Cucumber has protective effects in diabetes complications, decreasing the oxidative stress and carbonyl stress that is typically observed in diabetes. It is proven to be helpful for glycemic control and decreasing diabetes-related complications.	Cucumber
67	Oyster mushroom reduced blood glucose and cholesterol in diabetic subjects	NCBI - WWW Error Blocked Diagnostic	Oyster mushrooms significantly reduce blood glucose, blood pressure, TG and cholesterol of diabetic patients without any negative effects on the liver and kidney.	Oyster mushrooms
68	Effects of raw red beetroot consumption on metabolic markers and cognitive function in type 2 diabetes patients	NCBI - WWW Error Blocked Diagnostic	Raw red beetroot consumption has positive impacts on cognitive function, glucose metabolism and other metabolic markers in type 2 diabetic patients.	Beetroot
69	Garlic as an Anti-diabetic Agent: Recent Progress and Patent Review	Garlic as an Anti-diabetic Agent: Recent Progress and Patent Reviews	Garlic and garlic extracts have been shown to be effective in reducing insulin resistance and hypoglycemia, controlling diabetic complications.	Garlic
70	Zingiber officinale (Ginger): A Future Outlook on Its Potential in Prevention and Treatment of Diabetes and Prediabetic States	https://downloads.hindawi.com/archive/2014/674684.pdf	There are positive effects of ginger in the metabolic syndrome and in lipid and blood glucose control for type 2 diabetes.	Ginger
71	Turmeric and its bioactive constituents trigger cell signaling mechanisms that protect against diabetes and cardiovascular diseases	https://link.springer.com/article/10.1007/s11010-021-04201-6	Curcumin and other related bioactive compounds present in turmeric protect against type 2 diabetes through different mechanisms that involve a hypoglycemic effect attributed to upregulation of insulin, enhanced insulin sensitivity, and lower cellular uptake of glucose.	Turmeric
72	Black Pepper, Dietary Photochemical in the	Black Pepper, Dietary Photochemical in the	The fruits and leaves of black pepper can reduce hyperglycemia,	Black pepper

	Prevention of Diseases by Oxidative Stress - A review	e Prevention of Diseases by Oxidative Stress - A review	reduce hyperlipedemia, increased serum insulin levels, improved antioxidant status, and improved liver function, making them anti-diabetic in nature.	
73	Antioxidant, Anti-Inflammatory and Antidiabetic Properties of LC-MS/MS Identified Polyphenols from Coriander Seeds	NCBI - WWW Error Blocked Diagnostic	Coriander have important antidiabetic, antihyperglycemic, antihyperlipidemic, anti-inflammatory, and antioxidant effects which may serve as a treatment for both type 1 diabetes due to its anti-inflammatory and antioxidant activities and also for type 2 diabetes due antihyperglycemic propriety.	Coriander
74	Cumin Potential Health Benefits	Cumin: Potential Health Benefits : Nutrition Today	Cumin seeds are rich in protein, carbohydrates, numerous phenolics, vitamins, and minerals, which can be effective in diabetes treatment.	Cumin Seeds
75	EVALUATION OF HYPOGLYCEMIC AND ANTIOXIDANT EFFECT OF OCIMUM SANCTUM	NCBI - WWW Error Blocked Diagnostic	Ocimum Sanctum is known to reduce fasting blood sugar and postprandial glucose levels. IHoly basil leaves l mprove B cell function and enhance insulin secretion.	Tulasi
76	Known data on the therapeutic use of <i>Azadiracta indica</i> (neem) for type 2 diabetes mellitus	NCBI - WWW Error Blocked Diagnostic	Azadirachta indica is known for it s anti-diabetic properties. Neem leaf extracts and seeds are used as an alternative medicine for diabetes	Neem
77	Flaxseed and Diabetes	§ Flaxseed and Diabetes	Flaxseed improves glycemic control, decreases oxidative stress measured by pancreatic malondialdehyde (MDA), and reduces the incidence of type 1 diabetes and delays the development of type 2 diabetes.	Flaxseed
78	Effects of <i>Nigella Sativa</i> on Type-2 Diabetes Mellitus: A Systematic Review	NCBI - WWW Error Blocked Diagnostic	Yavani(Aswan) or carom seeds in English, may help in lowering fasting blood glucose, and rise in serum insulin	Yavani(Ajwain)
79	EXPLORATION OF MEDICINAL IMPORTANCE OF AN UNDERUTILIZED LEGUME CROP, MACROTYLOMA	https://www.researchgate.net/profile/Sumeet-Kaundal/publication/334261087_EXPLORATION_OF_MEDICINAL_IMPORTANCE_OF_AN	Horse gram has various bioactivities like anti-diabetic, analgesics, anticalcifying, anti-hypercholesterolemic, anti-obesity, antihelmintic, antioxidant, larvicidal and anorectic properties.	Horse gram

	UNIFLORUM (LAM.) VERDC. (HORSE GRAM): A REVIEW	_UNDERUTILIZED_LEGUME_CROP_MACROTYLOMA_UNIFLORUM_LAM_VERDC_HORSE_GRAM_A_REVIEW/links/5ffef24299bf140889239ed/EXPLORATION-OF-MEDICINAL-IMPORTANCE-OF-AN-UNDERUTILIZED-LEGUME-CROP-MACROTYLOMA-UNIFLORUM-LAM-VERDC-HORSE-GRAM-A-REVIEW.pdf		
80	Fiber rich snack food products incorporated with green gram husk and their suitability for diabetics	https://www.indianjournals.com/ijor.aspx?target=ijor:jdfhs&volume=34&issue=4&article=011	Green gram beans are high dietary fiber and have a low glycemic index are recommended for people suffering from diabetes and constipation.	Green gram beans
81	The potential of pigeon pea (Cajanus cajan) beverage as an anti-diabetic functional drink	https://iopscience.iop.org/article/10.1088/1755-1315/102/1/012054/pdf	A pigeon pea beverage diet has hypoglycemic effects and hypocholesterolemic, is rich in antioxidants, and can help prevent diabetes complications	Pigeon pea beans
82	Effectiveness of Chickpeas on Blood Sugar: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	NCBI - WWW Error Blocked Diagnostic	Chickpeas offers blood sugar control through low starch digestibility, high fiber, protein, and hormonal effects, supporting their role in diabetic diets focusing on nutrient-rich foods over processed carbs.	Chick pea
83	A narrative review on nutritional and health benefits of underutilized summer crop to address agriculture challenges: Moth bean (<i>Vigna aconitifolia</i> L.)	https://onlinelibrary.wiley.com/doi/full/10.1002/leg3.204	Moth beans are rich in vitamins, minerals, lipids, fatty acid, protein, carbohydrates, antioxidants, and polyphenols. If consumed on a regular basis, moth bean legume possesses countless positive effects on the health and immune system, including the ability to prevent obesity, diabetes, and cardiac diseases in humans.	Moth bean
84	A Review of the Potential Consequences of Pearl Millet (<i>Pennisetum glaucum</i>) for Diabetes	A Review of the Potential Consequences of Pearl Millet (Pennisetum glaucum) for Diabetes Mellitus and Other	Pearl millets contain phenolic compounds which possess antidiabetic activity. It possesses many health benefits, including combating diabetes, cancer,	Pearl millet

	Mellitus and Other Biomedical Applications	er Biomedical Applications	cardiovascular conditions, decreasing tumour occurrence, lowering blood pressure, heart disease risk, cholesterol, and fat absorption rate.	
85	Type 1 Diabetes, Cardiovascular Complications and Sesame	NCBI - WWW Error Blocked Diagnostic	Sesame aids in diabetes control with hypoglycemic, antioxidant, anti-inflammatory, and hypolipidemic effects, improving fat metabolism, and reducing cholesterol.	Sesame
86	THE EFFECTS OF VARIOUS TRADITIONAL PROCESSING METHODS ON THE GLYCEMIC INDEX AND GLYCEMIC LOAD OF COWPEAS (<i>VIGNA UNGUICULATA</i>)	https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1745-4514.2010.00423.x	Cow peas are rich in nutrients (protein, carbohydrate, fiber, vitamins and minerals), and are low glycemic index (GI) foods. They therefore have positive health benefits which include hypocholesterolemia, mitigation of diabetes and weight control.	Cow pea
87	Nutrient distribution, phenolic acid composition, antioxidant and alpha-glucosidase inhibitory potentials of black gram (<i>Vigna mungo</i> L.) and its milled by-products	https://www.sciencedirect.com/science/article/abs/pii/S0963996912000117	Blackout gram are rich in antioxidant compounds and nutrients such as polyphenols, carotenoids and dietary fiber which have a role in prevention of cardiovascular disease, cancer and diabetes.	Black gram
88	Nutritional, Functional Role of Kodo Millet and its Processing: A Review	https://www.researchgate.net/profile/Kamalesh-Kumar-Meena-2/publication/358722284_Nutritional_Functional_Role_of_Kodo_Millet_and_its_Processing_A_Review/links/6210b88e6c472329dcf4ecfd/Nutritional-Functional-Role-of-Kodo-Millet-and-its-Processing-A-Review.pdf	Kodo millets have a higher amount of antioxidants that help against oxidative stress and maintain glucose concentrations in type-2 diabetes. Kodo millet is useful in curing asthma, migraine, blood pressure, heart attack and atherosclerosis, diabetic heart disease.	Kodo millet
89	Honey and Diabetes: The Importance of Natural Simple Sugars in Diet for Preventing and Treating Different Type of Diabetes	NCBI - WWW Error Blocked Diagnostic	Honey provides better control of the hyperglycemic state, limiting other metabolic disorders and reducing the effects on different organs that may produce diabetic complications.	Honey

90	Comparative Insights into Four Major Legume Sprouts Efficacies for Diabetes Management and Its Complications: Untargeted versus Targeted NMR Biochemometrics Approach	🔗 NCBI - WWW Error Blocked Diagnostic	Faba bean sprouts have the highest level of antioxidant flavonoids which may help in decreasing blood glucose levels.	Faba bean sprouts
91	Germination Improves the Polyphenolic Profile and Functional Value of Mung Bean	🔗 Germination Improves the Polyphenolic Profile and Functional Value of Mung Bean (Vigna radiata L.)	Germination increases the content of polyphenols in mung bean, which may help in decreasing blood glucose levels.	Mung beans sprouts
92	Sprouts vs. Microgreens as Novel Functional Foods: Variation of Nutritional and Phytochemical Profiles and Their In vitro Bioactive Properties	🔗 NCBI - WWW Error Blocked Diagnostic	Sprouted foods have lower glycemic index and are diabetic friendly.	Sprouted foods
93	Sprouts and Microgreens —Novel Food Sources for Healthy Diets	🔗 NCBI - WWW Error Blocked Diagnostic	Microgreens have enhanced nutritional value due to their higher concentrations of bioactive compounds, and are hence anti-diabetic.	Microgreens
94	Broccoli sprouts reduce oxidative stress in type 2 diabetes: a randomized double-blind clinical trial	Access through institution	Brussel Sprouts have favorable effects on oxidative stress in diabetic patients and thereby helps with management of diabetes.	Sprouted vegetables
95	Diabetes and seeds: New horizon to promote human nutrition and anti-diabetics compounds in grains by germination	Access through institution	Sprouted seeds have enhanced nutritional value due to their higher concentrations of bioactive compounds, and are hence anti-diabetic.	Sprouted seeds
96	Improving phenolic bioactive-linked anti-hyperglycemic functions of dark germinated barley sprouts (<i>Hordeum vulgare</i> L.) using seed elicitation strategy	🔗 NCBI - WWW Error Blocked Diagnostic	Sprouted grains have enhanced nutritional value due to their higher concentrations of bioactive compounds, and are hence anti-diabetic.	sprouted grains
97	Erucic Acid-Rich Yellow Mustard Oil Improves Insulin Resistance in KK-A ^y Mice	🔗 Germination Improves the Polyphenolic Profile and Functional Value of Mung Bean (Vigna radiata L.)	Mustard oil can contribute to the improvement of impaired glucose and bone metabolism associated with obesity and diabetes.	Mustard oil

98	Effects of spinach nitrate on insulin resistance, endothelial dysfunction markers and inflammation in mice with high-fat and high-fructose consumption	🔗 NCBI - WWW Error Blocked Diagnostic	Spinach improves lipid homeostasis, inflammation, and enhances endothelial function for insulin resistance prevention for diabetics.	Spinach
99	Cut Down on Added Sugars	https://health.gov/sites/default/files/2019-10/DGA_Cut-Down-On-Added-Sugars.pdf	Added sugars are not natural sugars found in fruits and vegetables, sugar and syrups added to processed foods like Sodas, sweetened beverages, candy, Cakes, cookies, and brownies, doughnuts, ice creams, etc. Added sugar have no nutrients and hence cut down on processed foods with added sugars.	Added Sugars
100	Eating healthy with diabetics	https://www.nutrition.va.gov/docs/UpdatedPatientEd/EatingHealthywithDiabetes2019.pdf	Heating eating guidelines include controlling your intake of carbohydrates, eat complex carbohydrates, avoid starchy vegetables, eat fibre rich foods, limit intake of foods with added sugars and reduce intake of fatty foods. Lifestyle guidelines for diabetes include limiting intake of alcohol, be physically active and monitor your blood glucose levels regularly.	Healthy eating tips for Diabetes
101	Therapeutic Role of Yoga in Type 2 Diabetes	🔗 NCBI - WWW Error Blocked Diagnostic	Yoga practice including cleansing processes (<i>kriya</i>), postures (<i>asana</i>), controlled breathing (<i>pranayama</i>), meditation, relaxation, chanting mantras, yogic diet, code of conduct, philosophy, and spirituality has beneficial effects on blood glucose levels, insulin sensitivity and oxidative stress.	Breathing and Yoga
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