

How Blood Glucose Relevance with Falooda Ice Cream Loving?

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Abstract

The amount of glucose or sugar that is present in our blood is termed as blood glucose, normal value of it's should be 5.4 or 5.6 mmol/L in humans. Mainly two types of blood glucose are discussed hyperglycemia high amount of sugar and hypoglycemia low amount of sugar. Falooda ice cream is a sweet and delicious so it also contains too much sugar that is necessary for our health and maintaining blood glucose level but by eating too much it can cause hyperglycemia. Hyperglycemia may damage eyes, blood vessels and kidneys. There is significant relation between falooda ice cream loving and blood glucose.

Keywords: Hyperglycaemia; Semiya; Nightmares; Saffron; Fasting Reading

Introduction

Blood glucose is defined as the amount or quantity of glucose that is present in the blood. Glucose is the main source of energy for our body and brain. Glucose is a sugar that is available in foods and drinks. When we eat these foods we take a lot of glucose from these. Some foods that contain glucose are pasta, dairy products, whole grain bread, and honey and baked products. Similarly drinks that contain glucose are BBQ Sauce, ketchup, fruit juice and spaghetti sauce. These are big source of glucose that give us energy boost our brain power or energy when we eat and drink. Blood glucose changes throughout the day in our body in the morning its amount is low when we eat or drink its amount become increased. There are two types of blood glucose hyperglycemia and hypoglycaemia. If person has high glucose level in the blood this condition is called hyperglycemia, if glucose level is low this is called hypoglycemia. The normal value of blood glucose level should be between 3.8 and 7.2mmol/L (71 to 132mg/dl). Hyperglycaemia may damage eyes, blood vessels and kindeys and also cause infection of vaginal and skin. So we should treat it by taking medicine, drinking more water, eating less foods of carbohydrates and do exercise regularly. The other type that is hypoglycemia that happen due to low glucose level in blood. Early signs and symptoms of hypoglycemia are hunger, anxiety sweating, nightmares, damp bed clothes and moodiness. So we should eat proper diet, drink healthy juices and check blood glucose level. The best time for checking blood glucose level is after waking up this this will give explicit fasting reading ref [1-3].

Falooda ice cream is a luscious, appetizing and cold dessert. This is not only used as drink also can be used as meal. The main ingredients of falooda ice cream are sabja seeds; semiya, vanilla or others ice cream. Falooda ice cream has cooling properties due to presence of sabja or basil seeds. This is made during summer and people eat it during hot days. Falooda ice cream is made in a tall glass with layers of rose syrup, basil seeds, ice cream, fruits and milk. Falooda are available in two flavours one is rose falooda and other is kesar falooda. Similarly ice cream available in many flavours like vanilla ice cream, chocolate ice cream, banana ice cream, and mango ice cream. It is easy to made falooda ice cream at your home. First of all, soaked basil seeds then boiled semiya for 30 minutes and washed them with cold water. In the third step mixed saffron in milk then boil the milk untill it reduces to half. In the last take a glass add 3-4 tablespoon of basil seeds add 4-5tbsp of boiled semiya then add saffron flavoured syrup after that add dry fruits, 1 cup milk and 3 scoops of ice cream and refrigerate it for 2 hours. Now falooda ice cream is ready and enjoys it. Falooda ice cream has many health benefits because due to presence of vitamins, sabja seeds and dairy products. Falooda ice cream keeps us cool when we eat it. It used as healthy diet and gives us energy. So we should eat it 3 times per week. But by eating too much falooda ice cream it can cause hyperglycemia because it contains too much sugar and dairy products. The advantages of falooda ice cream are greater than its disadvantages. It provides energy to our body, burns fats, reduces blood pressure and gives strengthen to bones due to vitamins and minerals. So we can say that we should eat falooda ice cream to maintain our blood glucose level 3 or 4 times per week but by eating too much it can cause hyperglycaemia ref [4-8].

Objective of present study was to correlate blood glucose level with falooda ice cream loving.

Materials and Method

Glucometer, glucose strip, cotton and gluconic acid was the following materials for measuring the blood glucose level. The device which is used to measure the blood glucose is called glucometer. First of all, pricked finger and draw blood to measure the blood glucose level. Put this sample of blood on the glucose strip and inserted it into machine. After 25 seconds result showed on the screen of glucometer ref [9].

Project Design

There were about 200 students who have participated in this survey. Many students like to eat falooda ice cream but there were a few of students who do not like the falooda ice cream. Because of their suggestion falooda ice cream contains too much glucose. Participation of the students were from the university of Multan, Baha Uddin Zakariya ref [10].

Statistical Analysis

Statistical analysis was conducted utilizing the spreadsheet software or Microsoft Excel ref [11].

Result and Discussion

Gender	Falooda ice cream loving	Not loving ice cream	P-value
Males	96±0.07	95±1.01	0.08
Females	95±0.05	91±0.07	0.06
For females and males	119±13.28	117±13.71	0.1

$P < 0.5$ hence relation is nonsignificant. And this value is obtained by using Ms excel.

Table 1: Blood Glucose Relevance with Falooda Ice Cream Loving

Table shows males that have blood glucose level 96 mmol/L are falooda ice loving and those which have 95 mmol/l do not love or like falooda ice cream. Similarly, females having blood glucose level 95 are falooda ice cream lover and those which have blood glucose level 91 do not like falooda ice cream. Hence this proved that males and females those have high value of blood glucose are falooda ice cream lover while those females and males that have low value of blood glucose level are not lover of falooda ice cream. The people who like the falooda ice cream their age are between 20 to 25 years old and their weight near about 55 to 62kg. Because these people think that falooda ice cream is a cool drink having cooling properties and gives them energy than other drink. Because other drink do not contain vitamins, minerals and sabja seeds. Because due to presence of sabja seeds it is differ from other drinks. Because sabja seeds is helpful for skin and hair. And other that do not like the falooda ice cream their age are between above 35 years old and they have weight 75 to 80kg. They think by eating falooda ice cream too much it can cause diabetes, and increased in weight. Sometime it can cause other heart diseases. The main aim of the present study was to check the relationship of falooda ice cream with blood glucose level that whether blood glucose level relevance with falooda ice cream loving or not (Table 1) ref [12,13].

Conclusion

This was concluded from the present study that there is no significant relation between falooda ice cream loving and blood glucose level.

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