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## HOW BLOOD GLUCOSE EFFECT ON THE LIKLINESS OF PINEAPPLE

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### ABSTRACT

The objective of the immediate learning was to associate collaboration of blood sugar with likeness of pineapple. one twenty learners took part in this study. Learners of molecular Biology and Biotechnology Bahauddin Zakariya University, Multan, Pakistan. The objective of the immediate research was to associate with communication of blood glucose level with likeness of pineapple. Total number of scholars joined in study was two hundred. An inquiry was providing them, in which they inquired about their likeness for pineapple and blood glucose level. Blood glucose level was uniform by blood glucose monitoring apparatus; A survey was done on the likeliness of pineapple and blood sugar level. A complete geometric investigation was done by using MS excel. Student t test was completed to determine the result of survey  $P < 0.05$  value significant results. The current research indicate that students like to eat pineapple have more blood sugar then the other do not like to eat pineapple. Survey was provided them, asked about their likeness of pineapple and about their blood sugar. Current investigation show that scholars like to eat pineapple has less blood sugar then the other do not like to eat pineapple.

**Keywords:** Blood glucose, Pineapple likeliness, developed prediabetes, Brome lain breakdown

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**No : of Tables: 01**

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## INTRODUCTION

The blood glucose equal is the volume of glucose in the blood. Glucose is that arises from the diets we eat, and it's also designed and deposited intimate the body. It's the chief basis of energy for the cells of our body, and it's accepted to each cell concluded the bloodstream. A abstaining blood sugar a less amount then 100 mg/dl 5.6mmol/L is common. An abstaining blood glucose level since 100 to 125 mg/dl 5.6 to 6.9 mm/L is measured prediabetes the common blood sugar level verified while fasting aimed at non-diabetics, must be between 3.9 and 7.1 mole 70 to 130mg/dl The mean conventional blood sugar level in humans is around 5.5mmol/L 100mg/dl however; this level alters through the day. Here is a blood glucose level. It is the ideal range that carefully provides the body with passable amount of energy. For the normal person, it is 70 to 105mg/dl in a abstaining state. Even in high giant common blood glucose levels may persuade brain reduction a fasting blood glucose level of 10.0mmol/l 180mg/dl. or complex means a individual has diabetes and at a close of 6.1 mole/l person is measured to high developed prediabetes or to have an reduced blood glucose level.

Pineapple is a eatable multiple fruit containing of merged berries, pineapple stand steamy fruit that are amusing in vitamins, enzymes and antioxidants. Pineapple is more lovely fruit. Energy of pineapple deceits in its vitamins and digestibility, pineapple contains 94%

carbohydrate; have that mind if you are happening a low-carb diet. Pineapple supports decrease the danger of macular degeneration, sap from immature pineapple basis simple vomiting. Brome lain breakdown is related with a low rate of opposing reactions, counting diarrhea, extra menstrual flow, nausea, skin reckless, and vomiting. Inflammation of the mouth and cheeks. Pineapple healthiness benefits, maintenance immune system pineapple basis of vitamins and minerals,

The objective of the immediate research was to associate with communication of blood glucose level with likeness of pineapple.

## MATERIALS AND METHOD

Total number of scholars joined in study was two hundred. An inquiry was providing them, in which they inquired about their likeness for pineapple and blood glucose level. Blood glucose level was uniform by blood glucose monitoring apparatus,

### Project Design

A survey was done on the likeliness of pineapple and blood sugar level.

### Statistical study

A complete geometric investigation was done by using MS excel. Student t test was completed to determine the result of survey  $P < 0.05$  value significant results.

## RESULT AND DISCUSSION

Interaction of blood sugar with pineapple likeness is specified in table 1: the learner's blood sugar  $92.71 \pm 8.53$  likes to eat pineapple. And blood glucose

$92.62 \pm 7.47$  does not like pineapple. In the same way do not like pineapple normal blood glucose  $9.46 \pm 7.47$  calculated respectively.

**Table 1:** Contact of blood sugar (Mean±SD) with pineapple likeness

Blood sugar	Pineapple likeness	Pineapple dislikeness	p-value
<b>Female</b>	$92.71 \pm 8.53$	$92.62 \pm 7.47$	0.95
<b>Male</b>	$91.5 \pm 9.46$	$92.31 \pm 7.02$	0.72
<b>Male and female</b>	$92.24 \pm 8.24$	$95.1 \pm 7.84$	0.16

P-value 0.95 was not significant

Census based studies has been important results in present investigation

### Conclusion

The current research indicate that students like to eat pineapple have more blood sugar then the other do not like to eat pineapple.

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