

RECOMMENDATIONS

The intervention with Pumpkin seeds for 3 months had an augmented impact on the blood glucose parameters and lipid profile of type 2 diabetic old age patients due to its unique nutritional composition. With that pumpkin seed supplementation has also shown improvement in quality of life and reduction in diabetes distress. Hence, the recommendations occurring from this study trial are mentioned as:

- Use of Pumpkin seed as a functional food is recommended due to its unique nutritional composition.
- Pumpkin seeds can be easily incorporated in Indian traditional recipes to control and prevent blood glucose levels
- Glycemic response of Indian recipes can be reduced by adding fibre rich foods such as pulses, seeds, vegetables and by selecting appropriate cooking methods such as boiling and shallow frying.
- Weight loss is recommended for all overweight (BMI 25.0–29.9 kg/m²) or obese (BMI \geq 30.0 kg/m²) adults who have, or who are at risk for developing, type 2 diabetes.
- Promotion of healthy food choices and physical activity to promote weight loss so that the risk of diabetes and cardiovascular disease (CVD) can be reduced.
- Maintenance of blood glucose levels in the normal range with good glycaemic control.
- The primary approach for achieving weight loss is therapeutic way with appropriate energy distribution, which includes a reduction in energy, and rich intake of whole grains, legumes, leafy vegetables and whole fruits and functional foods.
- Initial physical activity recommendations should be modest, based on the patient's

willingness and ability, gradually increasing the duration and frequency to 30 – 45 min of moderate aerobic activity, 3–5 days per week, when possible.

- Along with physical activity, good mental health activity boosting cognition levels may help to improve health related quality of life.