

FUTURE SCOPE OF THE STUDY

- ❖ There is a need to develop more pumpkin seed incorporated regional recipes for various parts of India.
- ❖ Glycemic and Lipemic responses of pumpkin seed incorporated recipes should be carried out for more recipes.
- ❖ The study should be carried out on different age groups especially among adults to test the efficacy of pumpkin seeds in management of Diabetes
- ❖ There is a need to promote use of pumpkin seeds at household levels or in the different institutions such as schools, canteens, old age homes, hospitals as a prevention aspect.
- ❖ Other indigenous foods or seeds can be tried in combination with pumpkin seeds for longer durations to study its health benefits in NCD's.
- ❖ Functional food based approaches can be introduced to prevent and control major non communicable diseases.