

LIST OF TABLES

Table no.	Title	Page no.
2.11.1	Definitions of Functional food by different organizations	48
2.12.1	Different parts of plant having anti-diabetic activity	52
2.14.1	Names of the pumpkin in different languages	59
3.1.1	Taxonomy of selected variety of pumpkin seeds	72
3.1.2	Analysis Methods used for various parameters	73
3.1.3	Antioxidant Activity of Raw Pumpkin Seeds	74
3.2a.4	List of raw ingredients along with its sources for each recipe	77
3.3.12	Cut-offs for Body Mass Index (BMI)	96
3.3.13	Classification of blood pressure for adults	97
3.3.16	Cut-offs for MMSE Score	102
3.3.17.1	Cut-offs for HbA1C	104
3.3.17.2	Cut-offs for Serum Cholesterol	105
3.3.17.3	Cut-offs for Serum triglycerides	106
3.3.17.4	Cut-offs for HDL Cholesterol	107
3.3.17.5	Cut-offs for LDL-Cholesterol	108
3.3.17.6	Cut-offs for Blood Urea (60-90 years)	109
3.3.17.7	Cut-offs for serum creatinine (60-90 years)	109
3.3.17.8	Cut offs for SGOT (AST) (60-90years)	110
3.3.17.9	Cut offs for SGPT (ALT) (60-90years)	110
3.3.17.10	Cut offs for CRP levels	111
3.3.18	Checkpoints for Data Monitoring and Management	112
4.1.1.1	Nutrient profile of pumpkin seeds	117
4.1.1.2	% RDA met from 10gm & 15gm of pumpkin seeds	118
4.1.2	Antioxidant Activity of Raw Pumpkin Seeds by FRAP	118
4.1.3	Fatty acid Compounds identified in the Pumpkin Seeds	119
4.1.4	Phytochemicals present in seed extract	121
4.2a.2.1	Mean scores for the sensory attributes of the Methi Muthiya (Mean±SD)	124
4.2a.2.2	Mean scores for the sensory attributes of the Palak Dhokla (Mean±SD)	125
4.2a.2.3	Mean scores for the sensory attributes of the Roasted Chevda (Mean±SD)	126
4.2a.2.4	Mean scores for the sensory attributes of the Vegetable Thalipith (Mean±SD)	127
4.2a.2.5	Mean scores for the sensory attributes of the Vegetable Pulao (Mean±SD)	128
4.2a.2.6	Mean scores for the sensory attributes of the Vegetable Poha (Mean±SD)	129

4.2a.2.7	Mean scores for the sensory attributes of the Vegetable cutlet (Mean±SD)	130
4.2a.2.8	Mean scores for the sensory attributes of the Vegetable Upma (Mean±SD)	131
4.2a.2.9	Ranking in between the level of incorporation in the developed recipes based on the mean total scores	131
4.2a.2.10	Percentage of the recipes according to Hedonic rating scale (N,%)	132
4.2a.2.11	Mean scores of the recipes according to Hedonic rating scale (Mean±SD)	133
4.2b.1	Baseline information of the enrolled Subjects (N, %)	136
4.2b.2	Anthropometric profile of the enrolled subjects (Mean±SD)	137
4.2b.3	Glycaemic Index of the pumpkin seed incorporated recipes	137
4.2b.4	Prospective Consumption rating score for recipes with pumpkin seeds incorporation	142
4.3.1	Type 2 elderly diabetic subjects showing baseline information (N,%)	145
4.3.2.	Anthropometric and Biophysical measurements of the type 2 elderly diabetic subjects (Mean±SD)	146
4.3.4	Physical Activity levels of the type 2 elderly diabetic subjects	148
4.3.6	Dietary profile of the type 2 elderly diabetic subjects	150
4.3.7	Sugar, Salt and Oil Consumption Pattern of the type 2 elderly diabetic subjects	151
4.3.8	Tea and Coffee Consumption of the type 2 elderly diabetic subjects	153
4.3.9.	Foods avoided by type 2 elderly diabetic Subjects to prevent Diabetes	154
4.3.10.	Food frequency checklist	155
4.3.13.1	Current medical problems of the subjects	157
4.3.13.2	Number of total current medical problems	157
4.3.16	Type of treatments adopted by elderly type 2 diabetic subjects to manage Diabetes	160
4.3.17	Frequency of Medical Check- up among elderly type 2 diabetic Subjects	161
4.3.19	Effect of Pumpkin seeds on Anthropometry and Biophysical parameters	163
4.3.20	Effect of pumpkin seed supplementation on mean nutrient intake of elderly type 2 diabetic subjects	164
4.3.21.1	Overall Quality of life of elderly type 2 diabetic subjects	167
4.3.21.2	Satisfaction with health among elderly type 2 diabetic subjects	168

4.3.22	Impact of pumpkin seed supplementation on diabetes distress score of elderly type 2 diabetic subjects	170
4.3.23	MMSE Score of elderly type 2 diabetic subjects	171
4.3.24.1	Impact of pumpkin seeds on hemoglobin levels	172
4.3.24.2	Impact of pumpkin seeds on blood glucose parameters	173
4.3.24.3	Impact of pumpkin seeds on lipid profile parameters	176
4.3.24.4	Impact of pumpkin seeds on kidney and liver function parameters	178
4.3.24.5	Impact of pumpkin seeds on inflammatory markers	179
4.3.25	Impact of pumpkin seed supplementation on Blood pressure of elderly type 2 diabetic subjects	180
4.3.26.1	Correlation between BMI and Fasting Blood Sugar levels of experimental group subjects on post intervention	182
4.3.26.2	Correlation between BMI and Fasting Blood Sugar levels of control group subjects on post intervention	183
4.3.27.1	Correlation between BMI and Fasting Blood Sugar levels of experimental group subjects on post intervention	184
4.3.27.2	Correlation between BMI and Fasting Blood Sugar levels of control group subjects on post intervention	185