



TITLE: Reduction of Blood Sugar Levels and Body Mass Index Women with Type 2 Diabetes Mellitus with Obesity using Yoghurt based On White Jack Bean Sprouted Plus Cinnamon Extract

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ABSTRACT (upto 300 words)

The aims of the study was to determine the effect of yoghurt based on white jack bean sprout plus cinnamon extract on fasting blood glucose (FBG) levels and body mass indexes for women with type 2 diabetes mellitus (T2DM) with Obesity. A total of 20 women suffering of T2DM with obesity were involved as research subjects, and then randomly divided into 2 groups, of 10 each. Group 1 was given yoghurt based on white jack bean sprout plus cinnamon extract, while group 2 was given of placebo 200 mL for 2 consecutive months. Yoghurt based on White Jack Bean Sprout Plus Cinnamon Extract significantly reduced FBG levels from 188 mg/dL to 139.6 mg/dL ($p=0.002$), and BMI from 27.63 kg/m² to 25.93 kg/m² ($p=0.010$) of T2DM women with obesity. In conclusion, yoghurt based on white jack bean sprout plus cinnamon extract is useful in preventing the development of T2DM.

Key words: yoghurt, white jack bean sprout plus cinnamon extract, blood glucose, BMI, T2DM

BIOGRAPHY (upto 200 words)

Hery Winarsi is a professor at Jenderal Soedirman University, Indonesia. He specializes in the field of functional food, and has more than 22 publications that have been cited more than 100 times. He has served as a member of the editorial boards of several Indonesian journals.

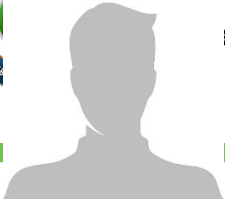
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