

## **EFFECT OF SALT ON GLUCOSE TOLERANCE**

**SUDHIR VERMA M.D., D. LAHOTI M.D., M.K. BHATNAGAR M.D.,  
N.P. SINGH VERMA M.D.,  
New Delhi**

To evaluate the effect of salt on glucose tolerance, 10 healthy volunteers were subjected to Glucose Tolerance Test. Test was repeated in the same group after adding 5 gms salt to glucose. Mean blood glucose levels at 2 hours were 100.5 gm% and 98.65 gm% in test with salt respectively. Area covered by the respective graphs were 87.31 sq. cm. and 83.53 sq. cm. This does not signify any appreciable effect of salt on glucose tolerance.