

FENU GREEK (METHI) IN DIABETIC DIET : Palatable Menu

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Fenu Greek is considered to have hypoglycemic and hypo cholesterolemic properties. It is a commonly used food item in India. It is a seed which is used in Diet in a limited way due to non-palatability. An attempt has been made to make preparations containing it in more quantity with palatability to be used in diabetic diet. The preparations below can be used in Diabetic diet.

- a. Along with raw rice, used to make cooked rice, (Methi rice)
- b. Used in Kanjee with rice (Methi Kanjee)

- c. Along with fried wheat, Methi, also fried and powdered and used as a coffee powder equivalent, (Methi Coffee)
- d. To make it like a Dosai with powder (Methi Dosai).

By means of using these food items in diabetic diet a possible hypoglycemic and hypo cholesterolemic effect of Methi can be utilised. The presentation highlights the preparations of Methi with palatability and also cheapness of the preparations compared to commercially available drugs containing Methi.