

Influence of Wheat, Maida and Millets on Diabetes Mellitus

Sir,

We have read your nice editorial “Transition from Prediabetes to Diabetes is Preventable” in the recent issue of your journal.^[1] Balanced diet will help in slowing the blood glucose rise as suggested in your editorial. White flour (refined wheat flour) is used in preparation of the most fast food products. Fast food consumption is increasing globally as well as in India. Many people consume commercially prepared foods.^[2,3] Alloxan is present in refined flour (maida), and this can increase the onset of diabetes mellitus as it destroys insulin-producing β -cells of the pancreas.^[4] Several maida-processing units in the country are using alloxan. Alloxan has been banned by the Food Safety and Standards Authority of India, the Delhi-based central body, that has the final say on what additives are permissible in food. Recently, some wheat sources have been noted to lack type 1 diabetes-linked epitopes and these may reduce the incidence of type 1 diabetes mellitus.^[5] Intake of millets as a part of diet may also help in reducing the prevalence of diabetes mellitus.^[6]

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Conflicts of interest

There are no conflicts of interest.

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