

## Diet Corner

### FENUGREEK SEEDS

#### NUTRITIONAL INFORMATION PER 10 g

Energy- 23.49  
Kcal

Protein- 2.54 g

CHO- 1.06 g

Fat- 0.57 g

Omega 3- 108.2 mg

Total fibre- 4.76 g

According to NIN, 12.5 g of fenugreek seeds (soaked overnight) can be taken twice daily along with lunch and dinner prior to 15 mins a meal. Soaked form is better. Bioactive component Diosgenin saponin decreases oxidative stress, CVD, lipid profile and blood glucose. Unusual amino acid called Diosgenin saponin and 4- Hydroxyleucine improves lipid profile and blood glucose. Fenugreek seeds contain both soluble and insoluble fibre that improves gut health. Total fibre content is 50% out of which 20% of mucilaginous fibre helps in blood glucose control as it delays CHO digestion and absorption. Useful in Type 1 and Type 2 DM. Improves testosterone in middle aged men. Avoid during pregnancy as it causes uterine contractions. It can be used as a lactagogue. Omega 3 present in fenugreek seeds is great for immunity. In normal person, it sometimes can cause diarrhoea and flatulence.

#### Reference:

*Diet and Diabetes, T C Raghuram, Swaran Pasricha, R D Sharma, National Institute of Nutrition, Indian Council of Medical Research, Hyderabad, 3rd Edition.*

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