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# Review of Antidiabetic Fruits, Vegetables, Beverages, Oils and Spices commonly consumed in the Diet

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## Abstract

*Ethnopharmacological relevance:* Type 2 diabetes is the most common type of diabetes and its prevalence is rapidly increasing throughout the world. Modifications of lifestyle such as suitable diet and exercise programs along with pharmacotherapy and education of patients are beneficial therapies for patients with type 2 diabetes. The ethnopharmacological use of herbal medicines, many of them part of our diet as spices, vegetables and fruits, has been developed for the treatment of diabetes due to inexpensiveness, easy availability and few side effects.

*Aim of the study:* Our aim is to present a review for researchers who are interested in the biologically active dietary plants traditionally utilized in the treatment of diabetes.

*Materials and methods:* Information was obtained from a literature search of electronic databases such as Google Scholar, Pubmed, Sci Finder and Cochrane. Common and scientific name of the fruits, vegetables, beverages, oils and spices and the words ‘antidiabetic’, ‘hypoglycemic’, ‘anti-hyperglycemic’, ‘type 2 diabetes’ were used as keywords for search.

*Results:* Certain fruits and vegetables are functional foods and their consumption reduces the incidence of type 2 diabetes. Hypoglycemic effects of fruits and vegetables may be due to their inducing nature on pancreatic  $\beta$ -cells for insulin secretion, or bioactive compounds such as flavonoids, alkaloids and anthocyanins, which act as insulin-like molecules or insulin secretagogues.

*Conclusion:* This write-up covers hypoglycemic, anti-hyperglycemic and anti-diabetic activities of some dietary fruits, vegetables, beverages, oils and spices and their active hypoglycemic constituents. Including such plant species in the diet might improve management of type 2 diabetes.

**Keywords:** Antidiabetic, hypoglycemic, anti-hyperglycemic, type 2 diabetes,  $\beta$ -cell

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