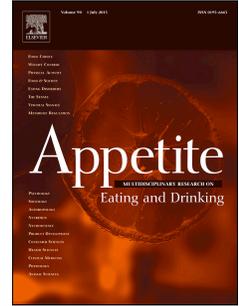


# Accepted Manuscript

A Historical Exploration of Indian Diets and a Possible Link to Insulin Resistance Syndrome

Manoshi Bhattacharya



PII: S0195-6663(15)00319-0

DOI: [10.1016/j.appet.2015.07.002](https://doi.org/10.1016/j.appet.2015.07.002)

Reference: APPET 2624

To appear in: *Appetite*

Received Date: 30 June 2014

Revised Date: 20 June 2015

Accepted Date: 2 July 2015

Please cite this article as: Bhattacharya M., A Historical Exploration of Indian Diets and a Possible Link to Insulin Resistance Syndrome, *Appetite* (2015), doi: 10.1016/j.appet.2015.07.002.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

1 Running head: A Historical Exploration of Indian Diets

2  
3 A Historical Exploration of Indian Diets and a Possible Link to Insulin Resistance  
4 Syndrome<sup>o</sup>

5  
6 Manoshi Bhattacharya<sup>o</sup>

7  
8 Manoshi Bhattacharya is a physician in private practice and an author.  
9 This research has received no funding and is a part of the forthcoming book: The Great  
10 Indian Diet

11  
12 Abstract

13  
14 Background: Insulin resistance syndrome, with diabetes in particular, is affecting an ever-  
15 increasing proportion of India's population. The increasing consumption of low-fibre and  
16 refined carbohydrates is thought to be related to the increased risk of insulin resistance  
17 syndrome.

18 Aim: The aim was to study the history of eating behaviours in India, the patterns  
19 (macronutrients, frequency, and quantity) of food consumption amongst ancient,  
20 medieval and modern Indians, and the evolution of a primarily low-fibre and refined  
21 carbohydrate diet.

22 Methods: The ancient dietary laws of India, historical documents, ancient and medieval  
23 literature and poetry were studied covering a time period of more than 2000 years and  
24 compared with modern diets among people of different geographical regions, faiths, and  
25 social strata using USDA's National Nutritional Database for analysis.

26 Conclusions: The data presented shows a gradual shift over the centuries from a diet of  
27 **large quantities of indigestible-fibre carbohydrate, small amounts of digestible**  
28 **carbohydrate, moderate fat, moderate protein**, to an increasing intake of high-fibre  
29 and refined carbohydrates associated with a decreasing intake of animal proteins.  
30 Between 1775 and 1947, there was a shift to a frequent intake of high-fibre  
31 carbohydrates. From 1947 onwards there has been an increase in the frequency of intake  
32 and quantities of low-fibre and refined carbohydrates with protein intake improving only  
33 marginally.

34  
35  
36 **Introduction**

---

<sup>o</sup> *Acknowledgements:* I thank Bernadette N. Kumar, and Jeanette H. Magnus, Institute for Health and Society, University of Oslo; Col. Kannan Narayan, Department of Surgical Oncology, Command Hospital, Pune; Rani A. Sunder, Department of Anesthesiology and Pain Medicine, Seattle Children's Hospital; T. Vijay Sagar, Dept of Anatomy, Azeezia Institute of Medical Sciences Meeyanoor, Kollam Dist, Kerala.

<sup>o</sup> Corresponding author.

*E-mail address:* [manoshibhattacharya@yahoo.com.sg](mailto:manoshibhattacharya@yahoo.com.sg)

Download English Version:

<https://daneshyari.com/en/article/7308245>

Download Persian Version:

<https://daneshyari.com/article/7308245>

[Daneshyari.com](https://daneshyari.com)