Conclusion

Type 2 diabetes is one of the major public health challenges of the 21st century. Rapid urbanization involving changes in occupation patterns, lifestyles, family structures and value system reflected as changes in practices and in the level of physical activity. A large shift from consumption of coarse grains such as sorghum, barley, rye, maize and Millet to more refined cereals, like polished rice and wheat is seen especially among the urban population and higher income groups. Minor millets are claimed to be future foods for better health and nutrition security. Hence the current study highlighted to improve nutritional status of Indian population by undertaking community awareness programe by providing diabetes education intervention along with dietary intervention by introducing traditional crops in the days menu which are rich in phyto nutrients and antioxidants along with other major nutrients. As Medical nutrition therapy (MNT) is important in preventing diabetes, managing existing diabetes, and preventing, or at least slowing, the rate of development of diabetes complications. It is, therefore, important at all levels of diabetes prevention . MNT is also an integral component of diabetes self-management education.