ACKNOWLEDGEMENT

First and foremost, praises and thanks to the Almighty, the merciful and the passionate, for His showers of blessings throughout my research work to complete the research successfully.

I would like to express my deep and sincere gratitude to my guide Dr Asna Urooj, Professor, Department of Studies in Food Science and Nutrition, University of Mysore, for giving me the opportunity to do research and providing invaluable guidance throughout this research. She has taught me the methodology to carry out the research and to present the research works as clearly as possible. It was a great privilege and honor to work and study under her guidance. I am extremely grateful for what she has offered me.

I am most grateful to Dr. Khyrunnisa Begum, Professor and Chairperson, Department of studies in Food Science and Nutrition, University of Mysore, Mysore, for her co-operation and providing facilities in the department throughout the study period. I acknowledge my gratitude to Dr. Jamuna Prakash, Professor, and Dr. Komala M, Sr Assistant Professor, Human Development, Department of studies in Food Science and Nutrition, University of Mysore, Mysore, for their support during the study.

The generous support from the Director of Vikram clinic Dr. S Bhaskar, is greatly appreciated. Without his support, my ambition to study abroad can hardly be realized. Besides, I would like to offer special thanks to Dr. M.S
Basavaraj, University Medical officer, that this project would not have been possible without his support.

I thank the Director of University of Mysore Health center, Dr. Tulasi Manjunatha, Dr. C. Sharath Kumar, the Director of Mediwave Research Hospital and late Dr. Pramila Madhu, Diabetologist, for extending all the facilities for carrying out the field work.

I am also grateful to all the staff of Vikram clinic especially to Mr Umesh, his efforts were very valuable to the successful completion of this study and Maharaja’s College Health Center and University of Mysore Health Center for their technical help.

I would like to say thanks to my friends and research scholars Dr Charlotte Gnanakrupa Karunakaran, Dr Vishalakshi Devi, Dr Faiyaz Ahmed, Ms Vanitha Reddy, Ms Florence Suma, Ms Linda Grace Roy, Ms Sudha Sairam and Mr Naveen for their genuine support throughout this research work.

I wish to express my special appreciation to Dr. Ali Khanehkeshi who served my thesis’s statistical analysis and for his time and interest in providing any needed direction, in spite of his tight schedules, throughout the course of the study.

I am thankful to Shahid Beheshti University of Medical Sciences in Iran, Tehran for the help and support during my stay in India.
I would also like to extend my gratitude to Mr. Mohammad Kamalinejad and Mr. Attarnejad for all the moral support and for valuable advices to prepare supplement.

I am extremely grateful to my parents for their unconditional love, prayers, constant motivation, moral support and encouragement me to complete my research. I am indebted to my father, Jafar Esteki, for his care and love. He had never complained in spite of all the hardships in his life. Although he is no longer with us, he is forever remembered. I am sure he shares our joy and happiness in the heaven. I cannot ask for more from my mother, Akram Haghi, as she is simply perfect. I have no suitable word that can fully describe her everlasting love to me. Mother, I love you. Also I express my thanks to my sisters, brothers and brother in laws for their support and valuable prayers.

Finally, my thanks go to all the people who have supported me to complete the research work directly or indirectly. Of course, this project would not have been possible without the participation of the subjects.

I believe that I would not be able to name everyone separately and to thank for everything that they did for me; however I would like to take the opportunity and express a few words of thanks to my best colleagues and friends.

Taraneh Esteki