

## Relation Between Urine Glucose And Eating Fish

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Article Received: 06 May 2019

Article Accepted: 09 August 2019

Article Published: 18 October 2019

### ABSTRACT

*In this study we have checked the corresponding relation of liking fish in food with glucose in the urine. A total of 100 participants took part in this project whose urine glucose level was measured. A questionnaire was given to all of them in which they were asked questions such as if they like fish or not? Renal glycosuria and diabetes can cause the elevated levels of glucose. In this rare condition kidneys release glucose in urine. There are many methods and procedure to observe the glucose level in urine but here we used a very simple method which is dipstick method. In this procedure we collected the urine samples from different people in plastic cups. Then we dipped the strips in the cups for 3 seconds and recorded the values with the help of changes in color. Both males and females were included in this study. It was concluded that there is a significant relationship between eating fish and glucose in urine.*

**Keywords:** Fish Eating, Glucose in Urine, Diabetes, Urine Glucose Test.

### INTRODUCTION

All organisms eat food which is converted into glucose which is then reabsorbed in the blood. In normal individuals all the glucose is reabsorbed by the glomerulus at the proximal end of the tubule. The level of reabsorption is determined by the amount of glucose that body require. When the glucose concentration in the blood increases then most of the glucose is allowed to release from the urine. This high glucose level is due to some incredible conditions or causes such as diabetes and other infections, kidney diseases, pregnancy in females, disturbance of metabolism and nervous system disturbance. The normal range of glucose in our body is below 100 mg/Dl. A higher measurement could be a sign of infection and low values are also cause difficulties in providing normal energy requirements to the body. When we eat fish, the body requires more water to maintain the glucose level. The people who suffer from diabetes are usually recommended to eat fish almost two times in a week. An abnormal amount of proteins comes into urine when kidneys undergo some problems. This is a sign of kidney diseases. But when we eat fish, not only the amount of proteins in our urine decreases but our kidneys also become more resistant to glucose concentration. It decreases fats in the blood and also lowers the blood pressure.

### MATERIALS AND METHODS

#### *Measurement of glucose level in the urine*

There are many methods to measure the glucose level in urine but here we have used a very simple method which is by using strips or Dipstick method. Firstly, urine samples from different people are collected in plastic cups and then urine strips are dipped into the samples for a few seconds. Then the strips are removed from the samples and are placed to be dried for 1 minute. Then the color changes are observed and compared with the standard value then the values are recorded to interpret results.

#### *Project designing*

This project was designed to check the relation of fish eating with glucose in urine. A total of 100 participants took part in this project whose urine glucose level was measured. A questionnaire was given to all of in which they were

asked questions such as if they like fish in food or not? And then results were recorded according to the information we obtained.

## RESULTS

**Table 1:** Relation between urine glucose% and fish liking

Fish Liking Subjects		
Gender	Urine Glucose positive%	Urine Glucose Negative%
Male	2%	20%
Female	4%	55%

Table 1 shows that the percentage of negative urine glucose of both male and female subjects who like fish is higher than the positive urine glucose.

**Table 2:** Relation between urine glucose and disliking fish disliking

Fish Disliking Subjects		
Gender	Urine glucose positive %	Urine Glucose Negative%
Male	0%	2%
Female	0%	16%

Table 2 shows that there is 0% of both male and female subjects who dislike fish with positive urine glucose, 2% of male and 16% of females with negative urine glucose.

## DISCUSSION

According to the results that we obtained there were only 2 % of the males and 4% of females who like to eat fish and have glucose in their urine while 20% males and 55% females don't have glucose in their urine. In case of fish disliking subjects there was 0% of both males and females who have glucose in their urine. While 2% of males and 16% of females don't have glucose in their urine.

## CONCLUSION

It was concluded that there is a significant relationship between the fish eating and glucose in urine.

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