

EFFICIENCY OF 40G SACHET MEDICAL FOOD (GEN-DM[®]) FOR CONTROL BLOOD SUGAR AND SERUM LIPID PROFILE IN THE TRANSPORT CO., LTD EMPLOYEES

TEERAPAP PANKLAI 5637577 RANU/M

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**THESIS ADVISORY COMMITTEE : PREEYA LEELAHAGUL, D.Sc.,
RATCHANEE KONGKACHUICHAJ, Ph.D., VARAPAT PAKPEANKITVATANA, D.Sc.**

ABSTRACT

This study examined efficiency of 40g sachet medical food (Gen-DM[®]) to control blood sugar and serum lipid profile in the Transport Co., Ltd employees aged 24-60 years. There were 50 subjects consisting of 13 males and 37 females. The experiment took 12 weeks to compare between the dietary advice for lowering blood sugar and serum LDL-C for 4 weeks with two meals of dietary advice for weeks 1-4 and replaced the rest of the meal with Gen-DM 1-2 sachets for 8 weeks. Follow-up and assessment of the body composition, blood pressure, blood chemistry and 24 hr. recall were investigated throughout the study every 4 weeks. Subjects who consumed average Gen-DM (98.2%) throughout the study. It was found that the energy received from food and physical activity did not change from baseline period and had no adverse effects throughout the study.

During the first 4 weeks (week 4) of only the dietary advice, changes of blood sugar and LDL-C were not evident, but the body weight and body fat were significantly lower than baseline. On week 8 of taking Gen-DM together with the dietary advice, the body weight and body fat were significantly lower than baseline and week 4, but the blood sugar and LDL-C were significantly lower than only week 4. On week 12 of taking Gen-DM together with the dietary advice for 8 weeks, it was found that blood sugar and LDL-C were significantly lower than baseline and week 4, and body weight and body fat did not decrease from week 8.

In conclusion, Gen-DM as a medical food could significantly reduce blood sugar and LDL-C. Therefore, Gen-DM sachet for the Transport Co., Ltd employees could be taken when dining outside as one meal replacement and had two meals of recommended regular diets for improvement of their diet-related chronic diseases.

**KEY WORDS: MEDICAL FOOD / GEN-DM / BLOOD SUGAR / LDL-C /
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