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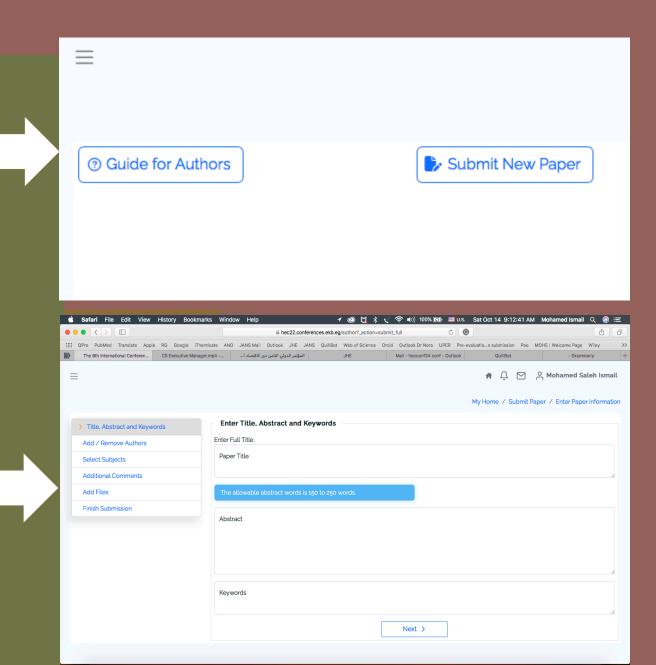
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U C C T T F F	dethods: internal white parts of heads of cabbage, cauliflower, and lettuce were obtained and added to rats diets as a supplement (5%). Forty male Sprague-Dawely rats were housed in single cages and classified into five groups, each composed of 8 rats. The first proup was the normal control group (NC), and the rest 32 rats were injected with an allowan solution. Then divided into four groups; liabetic control (ICC), cabbage (CS), cauliflower (CUG), and lettuce (LG). Control groups were fed the standard diet, while allowanized ats were fed the experimental diets for four weeks. Fasting blood glucose was determined at zero time, after 2 weeks, and by the end of the experiment. While other parameters were determined by the end of the experiment. Results: after two weeks, serum glucose of NC was significantly lower (P<0.05) than other groups (96.6±3.02 mg/dl), whereas value of CG and LG were significantly (P<0.06) lower than DC and CUG (135.6±4.72 and 136.6±6.64 vs. 184.2±1.13 and 182.7±8.96 mg/dl	d
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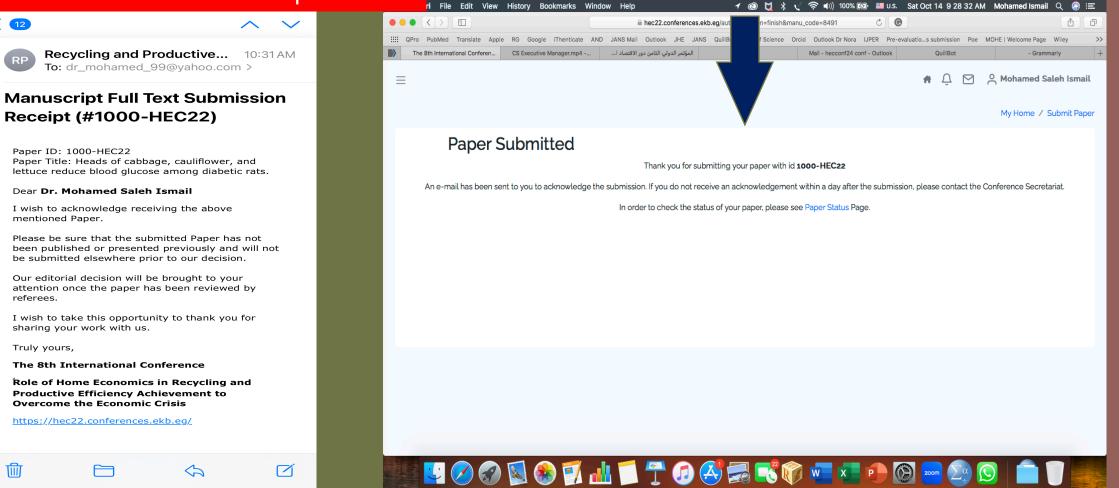
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> Finish Submission	Paper ID	1000-HEC22
	Number of Words: Paper Title	Heads of cabbage, cauliflower, and lettuce reduce blood glucose among diabetic rats.
	Subjects	Food and Nutrition Science (Food wastes, Functional foods, New products, Diet, Therapeutic nutrition)
	Abstract	Vegetables are one of many diabetic treatments. The goal is to examine how white vegetable portions affect serum glucose. The internal white components of cabbage, cauliflower, and lettuce heads were added to rats' diets at 5%. In single cages, 40 male Sprague-Dawely rats were divided into five 8-rat groups. The normal control group (NC) was the first, and the remaining 32 rats were injected with alloxan and separated into four groups: diabetic control (DC), cabbage (CG), cauliflower (CUG), and lettuce (LG). Alloxanized rats were fed experimental diets for four weeks, whereas controls ate the usual diet. Fasting blood glucose was measured at zero for two weeks, and the experimer was completed. Other parameters were determined after the inquiry. Results: NC had significantly lower serum glucose levels (P<0.05) after two weeks compared to other groups (96.6±3.02 mg/dl). In contrast, CG and LG levels were considerably (P<0.05) lower than DC and CUG (135.6±4.72 and 136.6±6.54 vs. 184.2±1.13 and 182.7±8.96 mg/dl). After the trial, serum glucose levels of CUG, CG, LG, and NC were considerably (P<0.05) lower than DC (g1.0±2.85, 94.7drl.96, 96.2± 310, and 98.8±3.68 vs. 148.4±3.48 mg/dl). CUG, CG, and LG had significantly higher insulin levels (P<0.05) than other groups (6.8.0±0.22 IU/ml, 4.4±0.38 and 3.78±0.10 IU/ml, respectively). Cabbage and lettuce significantly reduced triglycerides and VLDLc and raised HDLc. The CUG showed considerably lower serum TC and LDLc. The results showed that all vegetables reduced blood glucose, while cauliflower and cabbage increased serum insulin.
	Keywords	Cabbage, Cauliflower, Lettuce, Diabetes Mellitus, Glucose, Insulin

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