Abstract Template

Title: Myth – Fruits Cause Diabetes.

Keywords: Fruits, Diabetes, Glucose, Fructose, Amylopectin, glycemic Index,

I. Abstract Body (up to 250 words)

Sugar is found naturally in fruit, vegetables and dairy foods, It's better to eat whole fruit and vegetables. If we eat natural foods like whole fruits and vegetables, we need not count the amount of sugar to be eaten, because remember it is mother nature and mother nature is never wrong

Diabetes has become more common in countries among the population where food availability is in plenty. Doctors generally blame or tell their diabetic clients to avoid fruits in case of diabetes. Hence, it is important to understand the relation between diabetes and fruits

We talk about Diabetes being genetic, so is really Diabetes genetic. Just as key is necessary to open the lock – similarly for Diabetes to get initiated in the body, a trigger is required.

Need to understand if fruits are anywhere related to Diabetes

II. Image:



III. Biography:

A Firm Believer – In Healing Powers of Mother Nature
A Regina in the Treatment Thru Natural Cure

Presenting Dr Vidushi Agrawal – Physician and Dietician and Nutritionist – with 20 years of experience

Expertise in the treatment of Diabetes, Hypertension, Obesity, PCOD & Hypothyroidism – thru Natural Diet only.

Health is the mission. Has Online Presence in the form of

- YouTube Videos
- Website
- Articles on Facebook
- Blogs
- Articles in Indexed Journals
- Articles in Local News Paper

Already recognized on 12 platforms with different awards for her work and articles in FORBES India Magazine and regular articles in WOMEN'S ERA Magazine

IV. Presenting author details

Full Name: Dr Vidushi Agrawal
Contact number: 001-91-9969526918
Twitter account: -
Linked In account: https://www.linkedin.com/in/drvidushi/
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