

Is there any Association between Falooda Ice Cream with The Level of Ketones in Urine?

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Abstract: *If value of ketones in urine is 1.5 to 3.0 mmol/L it considered normal. People that have levels of ketones have a serious disease called diabetic ketoacidosis. High blood sugar levels lead to high levels ketones in urine. By drinking plenty of water one can reduce the levels of ketones. Sometime, too much exercise and stress required energy so fat break down and increased the level s of ketones. Urine tests is used for measuring the levels of ketone. Falooda ice cream contains ingredient that can give you a lot of energy. By eating healthy diets and drinking healthy juices one can prevents the burning the fats because these fulfil the requirement of glucose. For measuring the levels of ketones urine tests is necessary to performed which indicates the levels of ketones. From the present study this was concluded that there is no connection between falooda ice cream and ketones levels in urine*

Keywords: *Ketones, Diabetic ketoacidosis, Urine strip test, Perspiration and semiya seeds*

1. INTRODUCTION

Body needs glucose as a source of energy to perform functions. People take this glucose from the diets or from the healthy drinks that contain glucose. This is clear that body needs energy and this energy come from the glucose. Sometime, body can not utilize glucose as an energy source it uses fats instead. When fats are utilizing or breakdown for source of energy chemicals called ketones produce or appear in the blood and urine. This can be occurred when glucose containing foods have not been eaten. In urine high levels of ketones indicate diabetic ketoacidosis that lead to death or comma. The normal levels of ketones should be below 0.5 mmol/L, if range of ketones from 0.5 to1.4 it considered moderate. High levels of ketones start from 1.5 to 3.1 which may lead to diabetic ketoacidosis. The most common cause of ketone is the deficiency of insulin, due to lack of insulin glucose accumulates in the blood and can not enter cells, so ketones go into urine. Stress and exercise play an important role in the production of ketones. Because during exercise body needs energy fats break down, similarly stress also requires energy. illness is another cause of ketone production, because patient demands high energy to fight against infections. There are many symptoms of ketones when appear in the urine such as confusion dry skin,

fatigue, abdominal pain, deep breathing, and decreased perspiration. Here are easiest ways that people can lower ketones levels in urine. By drinking water, by eating diets contain glucose or sugar, avoid too much exercise and also should eat dates, fruits and drink healthy juices. When level of ketones in the blood too high blood becomes acidic, which is harmful for health. There are many tests available for ketones in blood and in urine such as acetone breath test, finger-stick ketone blood test and urine strip test.

Many people prefer falooda ice cream during hot days because it is source of instant energy. By eating falooda ice cream many diseases such as cardiovascular and blood pressure far away from the body. The ingredient present in the falooda ice cream is also used as a medication like basil seeds or sabja seeds used as medication to lowering the blood pressure. There are also other ingredients that play important role in the improvement of health such as dairy products present in it are great source of vitamins and minerals. But about the suggestion of people that if there is too much benefits of falooda ice cream sometime it may be harmful for the people because it increased the level of glucose. People also made it at home because it preparation is very simple if all ingredients are available at home in the end

freeze it to made it cool. Falooda ice cream is very popular in Indian subcontinents and first it was originated from India.

The objective of present study was to correlate the connection of falooda ice cream with levels of ketone in urine.

2. MATERIALS AND METHOD

For measuring the levels of ketones urine tests is necessary to performed which indicates the levels of ketones. First take a clean container and fill it with the fresh sample of urine and put strip into urine. After that shake the strip into urine for 3 seconds that colour of strip changed. Then matched strip against the chart for check levels of ketones. If value is less than 0.6 then

Table1. Connection of falooda ice cream with level of ketones to the people that love falooda ice cream.

Falooda ice cream loving	Males		Females	
	Negative value	Positive value	Negative value	Positive value
Ketones in urine	20%	0%	42%	0%

This table 1 reveals males having negative value of ketones in urine are 20% which like the falooda ice cream. While those males that have positive value of ketones in urine are 0 % which

Table2. Connection of falooda ice cream with level of ketones to the people that not love falooda ice cream.

Not falooda loving	Males		Females	
	Negative value	Positive value	Negative value	Positive value
Levels of ketones in urine	10%	0%	28%	0%

From the above table this reveals that males having negative of ketones in their urine are 10% which are not ice cream loving while males with positive values are 0% which also do not love falooda. Similarly, females that have negative values of ketones are 28% which not like ice cream and those which have positive values are 0% they also not falooda ice cream loving.

4. CONCLUSION

From the present study this was concluded that there is no connection between falooda ice cream loving and ketones in urine.

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ketones is normal if this value increased above 3 mmol/L it is considered high.

Project Design

The goal of this survey was to consent the subjects about the loving of falooda ice cream. The subjects who have participated in this survey were 100 in number some students said, that falooda ice cream is a good summer food as well as drink. But some students give their opinions that whether, falooda ice cream give instant energy and having cooling properties but this is fatty food by eating too much one can suffer in many diseases.

3. RESULTS AND DISCUSSION

are ice cream loving. Similarly, females that have negative value of ketones in urine are 42% which are falooda ice cream loving and females with positive value of ketones are 0%.

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