INSTABRIGHT e-GAZETTE
ISSN: 2704-3010
Volume VI, Issue II
November 2024
Available online at https://www.instabrightgazette.com

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DEVELOPMENT AND EVALUATION OF MALUNGGAY JUICE: A HEALTHY ALTERNATIVE DRINK FOR PEOPLE WITH TYPE 2 DIABETES

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ABSTRACT

All countries, irrespective of their developmental stage, face an increasing burden of non-communicable diseases including diabetes. There is substantial evidence of the existence of the gap in the level of diabetes and its complications prevention and control measures in developing countries. In the Philippines, diabetes is a chronic disease where many Filipinos are affected. The main purpose of this study is to develop and evaluate the effectiveness of Malunggay juice as an alternative drink for people with Type 2 Diabetes in Sabang Tuy, Batangas.

The study utilized the descriptive method of research involving patients with Type 2 Diabetes. The gathered data from the administration of survey questionnaires to the fourteen (14) respondents were treated and analyzed. Results revealed that majority of the respondents were in adulthood stage and female in gender. Furthermore, based on the response of the respondents, malunggay juice can be an alternative drink whenever an increase of blood sugar level was observed and taken when oral medications are not available. It serves its purpose in controlling the blood sugar level and it is also low in cost, which is ideal for all ages, has a reasonable price and good value for its nutritional benefits.

Subsequently, the response of the respondents to the acceptability level portrays its efficiency. The taste of malunggay is appealing, and respondents prefer to drink this alternative drink over other similar drinks. They also accepted the aroma of the malunggay juice as inviting and able to enhance the overall drinking experience. Moreover, the respondents find the color of the malunggay juice as fresh and natural which can aid in an

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appetizing drinking experience as they alternatively treat their health concerns and find the texture of the malunggay juice smooth since it is processed and blended well to be an appetizing alternative drink. Likewise, the packaging of the malunggay juice has proper packaging for a safe and secure product.

The researcher concluded that malunggay juice can be as an alternative drink for patients with Type 2 Diabetes since it can be a great help to lower blood sugar level and other internal diseases regardless of age and gender. Patients should be mindful of their health status through regular checkups and intake of appropriate medication. Alternative medicines can be used to control blood sugar level which can be affordable and low in cost, and at the same time, can have the same efficiency and treatment

The plan of action in the use of the developed malunggay juice as an alternative drink for Type 2 Diabetes was crafted based on the results of the study.

Keywords: *Development, Evaluation, Malunggay Juice, Alternative drink, Type 2 Diabetes, Plan of Action*

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