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Patron : Dr. Wan Irham Ishak
Dr. Abd Latif Abdul Rahman

Project Manager : Yazwani Mohd Yazid

Design Director : Mohd Hamidi Adha Mohd Amin
Fadila Mohd Yusof

Editorial Director : Mohd Hamidi Adha Mohd Amin
Mas Aida Abd Rahim

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INNOVATION

CATEGORY

HEALTHY LIFESTYLE WITH DIABETE TEA

Muhammad Rasyidi bin Ghazali, Muhammad Zamir bin Usman Sani, Ahmad Farhan bin Ahmad Fauzi, Abdul Qayyum bin Omar, Muhammad Yusuf Rifqi bin Mohamad Rizal.

mzamirusman@gmail.com

DiabeTea is an organic tea that is made by mixtures of Yacon roots, stevia leaf, chia seeds and several mint leaves. To make this tea the Yacon roots are dried up and grinded until its physical state changed into small pieces, then it is mixed with the other substances. The main objective of this project is to help people around the world who are suffering from diabetes and also promoting a healthy lifestyle to those who consume this tea. The high concentration of Fructooligosaccharides in the Yacon roots is what makes the DiabeTea one of a kind. The DiabeTea has Fructooligosaccharides which is a food component that cannot be metabolised by the body, which means it has a low calorific value and will not put on body weight. Moreover Fructooligosaccharides are also known to prevent colon cancer, cure digestive problems and it also promotes prebiotic activities. The chia seed that is in the DiabeTea is rich in fiber in which 1 ounce of chia seed could provide 10 grams or fiber. The fiber are low in calorie and will also help people to feel full for longer which could help with weight loss. From this point of view, the DiabeTea has a great potential and capability to promote a healthier lifestyle to a lot people especially for those who are suffering from diabetes. It will also give many health benefit to people without using any chemical substances inside the DiabeTea. Since diabetes is the most common chronic disorder in many developing countries, the DiabeTea could be an ideal choice for diabetic patient worldwide.



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