



Brief Report

Relationship with pineapple consume the presence of ketones in the urine

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Abstract

The objective of the instant study was to associate the interaction of urine in ketone with pineapple likeness. Twenty-one students take part in the study. A questioner had provided them, in which they asked about their likeness of pineapple and urine ketone. All of the students were measure urine ketones with ketones strips these are not correct not the steadfast analysis of urine ketone this method cheap and easy. A survey was planned about urine in ketone and pineapple likeliness. The present study shows that the students who like to eat pineapple have the extra number of urines in ketone and others do not like to eat pineapple.

Keywords: Urine ketone, pineapple likeliness, ketone level

Introduction

Glucose is the main energy source in the human body and is the precursor of various metabolites. Ketones are also a kind of sugar metabolite. Ketones can be found in the blood and urine. This metabolite also occurs when fat is used instead of glucose in the body. In diabetic ketoacidosis, the blood ketone level increases to dangerous levels, which increases the amount of ketone in the urine. if urine ketone level exceeds 20 mg/dl or blood ketone level exceeds 3 mmol / L, this is dangerous for the body.

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Especially in children, the presence of ketone in urine indicates the height of blood sugar. Cold skin and bowel pain can be seen in such patients. High level of ketones in urine bases insulin shot missing heart attack high fever vomiting diarrhea. Ketones in urine which are necessary for metabolic health, indicate to work body fat metabolism. Ketones in the urine are measured with test strips. If the ketone level in the urine rises above 80 mg/dl, it will smell sweet in the urine. When blood sugar drops, the brain uses ketones instead of fatty acids. However, high ketone levels may adversely affect brain function.

Pineapple fruit is consumed a lot in tropical areas. It is rich in vitamin C but can cause allergic reactions. Pregnant women may have harmful effects. Pineapple is a good source of vitamin c and carbohydrates. Consuming pineapple has many positive aspects. Pineapple contains vitamins and minerals. Benefits of pineapple becoming packed vitamins and nutritional vitamins. Pineapples help the dryness of pores and skin and glow. Pineapple is rich in minerals, it helps teeth and bone health. In addition, some diseases such as macular degeneration have a protective effect.

Pineapple consumption may increase the level of ketone in urine. This may suggest some diseases, such as diabetes, in a person who consumes pineapples, although he is healthy.

The aim of this study is to show that the presence of ketone in urine may be due to pineapple consumption.

Materials and Method

Seventy-four healthy and volunteer students were included in the study. This study was planned by taking a cross-sectional study. People included in the study were asked whether they liked pineapple by the physician who conducted the study. Pineapple lovers and those who do not like were divided into two groups. Later, the presence of ketone in urine was investigated. The presence of ketones in urine is detected with ketones strips. The ketone strip method for detecting the presence of ketone in urine is a cheap, practical and rapid method. The ketone detected and those who were not were noted.

Results

In this study 74 students take part. 30 of the participants were male and 44 were female. Every student was in control condition and they were asked about their pineapple likeness. Percentage of males those were pineapple likeness and urine ketones are present were 22.2%. Percentage of males those were a likeness of pineapple and urine ketone is absent in their urine ketones were 100%. Male percentage those were disliked pineapple and urine ketones in urine present 0%. Male percentage those were disliked pineapple urine ketones is absent 0%. Female percentage those were pineapple

Table 1. Pineapple likeness and dislikeness student (Ketone in Urine Present or Absent)

Gender	Number	Pineapple likeness (Ketone in Urine)		Pineapple dislikeness (Ketone in Urine)	
		Present	Absent	Present	Absent
Female	44 (59,5%)	12.5%	87.5%	5.3%	30.3%
Male	30 (40,5 %)	22.5%	100%	0%	0%

likeness and urine ketones present 12.5%. Female percentage those were pineapple likeness and urine ketones are absent 87.5%. Female dislike pineapple and urine ketones are present in urine 5.3%. Female dislike pineapple and urine ketones are absent in urine 30.3%. (Table 1)

Discussion

Measuring ketone levels in urine with ketone strips is extremely simple and inexpensive. The urine ketone test is specific for a ketone type of acetoacetate. However, this test does not detect beta-hydroxybutyric acid measured by a blood test. To do the test, pass the west end of the ketone strip through a urine stream or immerse it in a fresh urine sample and remove immediately. Wait exactly 15 seconds and match the test end of the strip to the ketone color table in the container. In our study, we investigated the effect on the presence of urine ketone students who like pineapple and dislikes. Color changes that occur after 15 seconds are ignored. The color blocks in the graph indicate a negative result or varying degrees of positive traces, medium or large. If the urine color is a dark purple, this indicates that the level of urine ketone is too high.

Researches have suggested that urine testing for ketosis is most reliable when performed in the early morning and late evening after dinner.^{11,12} In this study, we showed that pineapple urine ketone level is the most reliable when the urine test for ketosis is done early in the morning. In our study, the ketone test was performed in the morning urine.

Conclusion

The present study shows that the students who like to eat pineapple have an extra number of urines in ketone and others do not like to eat pineapple. As a result, in our study, pineapple likes, and consuming students had high levels of the urinary ketone.

Author contributions

AR took care of the patient and made the literature research. MIQ, AR drafted the manuscript and supervised the manuscript. The final version has been read and approved by all authors.

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Conflict of interest

All authors declare that they have no conflict of interest.

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