The results in Table 3 showed mean responses and standard deviation on extent of homemakers’ utilization of the leaves of mango tree for the management of diabetes. The Table show that the mean scores range from \(2.09 - 2.42\) and standard deviation that range from \(0.86 - 1.01\).

This shows that homemakers utilization of the leaves of mango tree as vegetable for the management of diabetes is low in Asaba.

**Discussion of Findings**

In view of the results obtained from the presentation and analysis of data, the discussions of the major findings of the study are as follows:

The finding from research question one which sought to find out the sources of knowledge of Homemakers on nutritional management of diabetic patient in post COVID 19 pandemic revealed that a high extent homemakers learnt how to prepare meals through observation, from mother, from Home Economics and Food and Nutrition studies, from local food vendors, friends, caterer and watching Television or listening to Radio programs on meal preparation. This is in consonance with the findings of Nti, Hagan, Bagina and Seglah (2011) that the mass media (mainly television and radio), health workers, literature and formal education are main sources of information on the nutritional and health benefits of fruits and vegetables in health care management.

The finding from research question two which sought to determine the extent homemakers utilize bitter leave juice to manage type 2 diabetes in post COVID 19 pandemic revealed that to a high extent that homemaker utilize bitter leave juice to prepare meals through observation, from mother, from Home Economics and Food and Nutrition studies, from local food vendors, friends, caterer and watching Television or listening to Radio programs on meal preparation. This is in consonance with the findings of Nti, Hagan, Bagina and Seglah (2011) that the mass media (mainly television and radio), health workers, literature and formal education are main sources of information on the nutritional and health benefits of fruits and vegetables in health care management.

The finding from research question three which sought to determine the extent Homemakers’ utilize vegetable from tender leaves of mango as treatment for diabetes in post COVID 19 pandemic revealed that homemakers utilize the leaves of mango tree as vegetable for the management of diabetes to a low extent. This is indicative of the fact that the homemakers may not be aware of the nutritional composition of the tender of leaves of mango tree as well as the health benefits, hence their non-utilization in the management of type 2 diabetes. This finding was at variance with Muira, Ichiki and Hashimoto (2011) who demonstrated that the mangiferin exerts its antidiabetic activity by decreasing the insulin resistance. The ethanolic extracts of mango leave showed significant free radical scavenging activity and have cytoprotective (anti-apoptotic) effect; the leaves and fruits extract reduce the absorption of glucose in type 2 diabetes and stimulate glycogenesis in liver causing reduction in blood glucose level.

**Conclusion**

The sources of homemakers’ knowledge include through observation, from mother, from home economics and food and nutrition studies, from local food vendors, friends, caterer and watching TV or listening to Radio programs on meal preparation. Homemakers utilize bitter leave juice to control or manage type 2 diabetic patients. They however do not utilize vegetable from tender leaves of mango in the management of diabetes in post COVID 19 pandemic.

**Recommendations**

Based on the findings of the study, the following recommendations were made:

1. There is need for homemakers to study good books on food and nutrition and consults experts as it relates to the management of diabetes. This will help increase their knowledge and utilization of different meals and fruits that can be used to manage diabetes.
2. Homemaker should utilize leaves of mango tree as vegetable as the leaves and fruits extract reduce the absorption of glucose in type 2 diabetes and stimulate glycogenesis in liver causing reduction in blood glucose level.

**References**


Assessment of Homemakers' Nutritional Knowledge on Management of Diabetic Patients in Post Covid-19 Pandemic in Asaba

recommendations and principles for people with diabetes mellitus. 54-57.


