

DESCRIPTION INTAKE OF CARBOHYDRATES, FIBER AND FASTING BLOOD SUGAR LEVELS DIABETES MELLITUS TYPE 2 IN PROLANIS MEMBER PUSKESMAS GODEAN I

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ABSTRAK

Background: diabetes mellitus is a disease that causes a health crisis for developing countries like Indonesia. Based on the International Diabetes Federation (IDF) in the year 2013 of about 382 million people in the world suffer from diabetes mellitus.

Purpose: to knowing description intake of carbohydrates, fiber and fasting blood sugar levels Diabetes mellitus type 2 in Prolanis member Puskesmas Godean I.

Method: type of research conducted with crosssectional observatif. The subject of research total sampling with inclusion criteria and ekslusi. Description intake of carbohydrates and fiber from quantitative food frequency questioner with food stuff based on type food.

Results: average intake of carbohydrates respondents is 46.43% of total energy needs. Types carbohydrates consumed respondents 68.38% complex carbohydrates, while 34.63% simple carbohydrates. Average amount of fiber intake respondents is 4.16 grams/day. Type of fiber consumed 66.13% of the respondents is not water soluble fibers whereas water soluble fiber that consumed as much as 33.87%.

Conclusion: the intake of carbohydrates the respondents either, while the intake of fiber respondents less and avarage fasting blood sugar levels of respondents is not normal

Keywords: Diabetes mellitus, fiber, carbohydrates, fasting blood sugar levels.

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GAMBARAN ASUPAN KARBOHIDRAT, SERAT DAN KADAR GULA DARAH PUASA PENDERITA DIABETES MELITUS TIPE 2 PADA ANGGOTA PROLANIS DI PUSKESMAS GODEAN I

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ABSTRAK

Latar Belakang: Diabetes melitus merupakan penyakit yang memicu krisis kesehatan Negara berkembang seperti Indonesia. Berdasarkan *International Diabetes Federation (IDF)* pada tahun 2013 sekitar 382 juta orang di dunia menderita diabetes melitus.

Tujuan: Mengetahui gambaran asupan karbohidrat dan serat terhadap kadar gula darah puasa penderita Diabetes Melitus tipe 2 pada anggota Prolanis di Puskesmas Godean I

Metode: Jenis penelitian yang dilakukan yaitu observatif dengan rancangan *crosssectional*. Subjek penelitian merupakan *total sampling* dengan kriteria inklusi dan eksklusi. Gambaran asupan karbohidrat dan serat diketahui dengan form semi kuantitatif-*Frequency Questionnaires* dengan bahan makanan yang sudah dikelompokkan berdasarkan jenis makanan.

Hasil: Jumlah rata-rata asupan karbohidrat responden yaitu 46,43% dari kebutuhan energi total. Jenis karbohidrat yang dikonsumsi responden 68,38% merupakan karbohidrat kompleks, sedangkan 34,63% merupakan karbohidrat sederhana. Jumlah rata-rata asupan serat responden yaitu 4,16 gram/hari. Jenis serat yang dikonsumsi responden 66,13% merupakan serat tidak larut air sedangkan serat larut air yang dikonsumsi sebanyak 33,87%.

Kesimpulan: Asupan karbohidrat responden baik, sedangkan asupan serat responden kurang, rata-rata kadar gula darah puasa responden tidak normal.

Kata kunci: Diabetes melitus, serat, karbohidrat, kadar gula darah puasa.

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