

Effect of Giving Cereals Rice Brand and Purple Sweet Potato Abdominal Circumference In Patients Metabolic Syndrome

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ABSTRACT

Metabolic Syndrome is factor clinic, fisiologi, can increase the risk of cardiovascular disease and diabetes mellitus type 2. Syndrome metabolic criteria covering the abdominal circumference in women >80 cm in men >90 cm, triglycerida level in men and women >150 mg/dl, HDL in wome <50 mg/dl an man <40 mg/dl, fasting blood sugar >100 mg/dl and high blood pressure >130/85 mmhg. One of prevention consummsion food high in antioxidants and fiber. Flavonoid, tocopherol which can decrease the abdominal circumference. Fiber in rice brand can increase the sense of satiety and decrease the intake of energy. Reasesrch purpose is to determine the effect of the provision of cereal from rice brand flour and purple sweet potato flour against the abdominal circumference in metabolic syndrome patients. The research is using experience pseudo (*Quasy Experimental*). Subject total 16 patients with metabolic syndrome. Analysis using the test for normality *Shapiro Wilk* then test the *pre test* and *post test* of each group using the *Wilcoxon* test pretest and posttest between groups using *test Mann Whitney*, Energy intake test using *Paired Sample T-test*. The result is not difference in the before and after the group control ($p=1,00$), there is a defference in the abdominal circumference before and after treatment in intervention group ($p=0,046$). Not change intervention group before (pretest) ($p=0.316$) and no change in the abdominal circumference intervensi group after (post test) ($p=0,266$). The results of the test not differences in inter-group intervention and group control ($p = 0.317$). The results of the energy intake in the group intervention was not there difference in the in the intake of energy at the time before and after of the intervention ($p=0,613$).

Keyword : Metabolic Syndrome, abdominal circumference, cereals ricre brand flour and purple sweet potato.