

The Giving of Chocolate Drink to Fasting Blood Sugar in Patients with Type 2 Diabetes Mellitus at Jember Kidul Public Health Center

Delvi Dwi Like Lutfia
Clinical Nutrition Program Study
Department of Health

ABSTRACT

The chocolate drink is made from cocoa beans which are turned into powder and brewed with hot water. The chocolate drink contains 2,42 g/mL of flavonoid antioxidants. Flavonoids are used as an antidiabetic which can reduce fasting blood sugar levels (FBS) in patients with type 2 diabetes mellitus (T2DM). Flavonoids work by counteracting free radicals and increasing insulin sensitivity. The study aims to determine difference FBS levels in patients with T2DM at the Jember Kidul Health Center after giving chocolate drink. The chocolate drink used in this study was made from 22,4 g of cocoa powder and 1 sachet of Tropicana Slim sugar brewed with hot water up to 240 ml. The type of research used was Pre Experimental Design with The One Group Pretest-Posttest design. The sampling technique used purposive sampling with 17 research subjects with T2DM. The research subjects were given chocolate drink 1×/day for 14 consecutive days and continued to take DM medication. The results of Paired T-Test showed that p-value < 0.005 (p = 0.001). The conclusion of this study is that there are differences in FBS levels of T2DM patients at the Jember Kidul Health Center before and after giving chocolate drink.

Key word: Type 2 Diabetes Mellitus, Fasting Blood Sugar, Chocolate Drink