

Pemberian Minuman Cokelat terhadap Gula Darah 2 Jam *Postprandial* Penderita Diabetes Melitus Tipe 2 di Puskesmas Jember Kidul (*The Giving Chocolate Drink to 2 Hours Postprandial Blood Sugar in Patients with Type 2 Diabetes Mellitus at Puskesmas Jember Kidul*)

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ABSTRACT

Chocolate has a high content of flavonoids and has the highest antioxidant activity compared to other food ingredients. Flavonoid compounds have the potential to help lower blood sugar levels. Flavonols in chocolate play a role in protecting the function of pancreatic β -cells in increasing insulin secretion, increasing insulin sensitivity in tissues so that they can play a supporting role in overcoming diabetes mellitus conditions. The purpose of this study was to determine differences in blood sugar levels 2 hours postprandial after giving of chocolate drink to patients with type 2 diabetes mellitus at Puseksamas Jember Kidul. The type of research is Pre-Experimental Design with the research design, namely The One Group Pretest-Posttest Design. This design uses only one group. The sampling technique uses a purposive sample. The subjects used in this study were 17 outpatients at the Jember Kidul Health Center. The research group consumed antidiabetic drugs and was intervened by giving chocolate drinks. The dose of chocolate drink is 22.4 grams of cocoa powder plus 1 sachet of Tropicana Slim Diabtx (2 grams) and brewed up to 240 ml. The activity of giving chocolate drinks was carried out for 14 days. The results showed that there were differences in the pretest and posttest GD2JPP in the research group ($p=0.000$). The conclusion of this study is there was a difference in blood sugar levels 2 hours postprandial before and after being given the chocolate drink intervention in the study group.

Key words : *Diabetes Mellitus, Blood Sugar 2 Hours Postprandial, Chocolate Drinks*