

Relations Intake Carbohydrates and Fibers to Blood Glucose Levels and Weight on Inpatients Diabetes Mellitus Type 2 RSU. Dr. H. Koesnadi Bondowoso

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ABSTRACT

Diabetes mellitus is disease perennials that is degenerative. In penatalaksanaan type 2 diabetes mellitus is 4 pillars of the education , pharmacological therapy , physical activity , and therapeutic diet . Therapy diet role in the blood glucose levels and changes in weight. This study aims to analyze relations intake carbohydrates and fibers to blood glucose levels and relations intake carbohydrates and fibers to weight done in October 2015 in a public hospital dr.H. Koesnadi Bondowoso.

The methodology it uses research analytic survey by approach cross sectional. The total sample of the research is about 23 patients type 2 diabetes mellitus treated patients taken by purposive sampling. An analysis of data using the correlation spearman's rank .

This research result indicates that there is no relationship between intake of foods by blood glucose levels with the results carbohydrates ($p=0,380$, $\rho=-0,192$), fiber ($p=0,613$, $\rho= -0,111$), protein ($p=0,569$, $\rho= -0,125$), and fat ($p=0,709$, $\rho= -0,082$). And also there is no relationship between intake of carbohydrates, fiber, protein, and fat by weight with the results carbohydrates ($p=0,565$, $\rho=0,127$), $p=0,539$, $\rho=0,135$, protein ($p=0,366$, $\rho=0,198$), and fat ($p=0,246$, $\rho=0,252$).

Key Word : *Carbohydrates Intake, Intake Fiber, Blood Glucose Levels , Weight*

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