

***Consumption Mix White Dragon Fruit (*Hylocereus undatus*) and Rome Beauty Apple Juice (*Malus sylvestris* Mill) To Insulin Levels of Patients with Diabetes Mellitus Type 2 (Consumption Mix White Dragon Fruit (*Hylocereus undatus*) and Rome Beauty Apple Juice (*Malus sylvestris* Mill) To Insulin Levels of Patients with Diabetes Mellitus Type 2)***

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**ABSTRACT**

*Diabetes Mellitus is a group of metabolic diseases with hyperglycemia characteristic cause insulin secretion abnormalities, insulin production or both. White dragon fruit and Rome Beauty apples contain vitamin C and flavonoids as an antioxidant and increase insulin levels. This research is purpose to know the effect of mix white dragon fruit (*Hylocereus undatus*) and Rome Beauty apple Juice (*Malus sylvestris* Mill) consumption to insulin levels of patients with diabetes mellitus type 2 in dr. M. Suherman Clinic Jember. This research is a kind of pre-experimental research with simple experiment design (Post Test Only With Control Group Design). This research used purposive sampling with total sampling are 26 respondents. 13 respondents of all sample consumed 450 ml mix white dragon fruit and Rome Beauty apple juice of 510 gram white dragon fruit and 255 gram Rome Beauty apple which is contain 15,68 mg vitamin C and 35,25 mg flavonoids three times a day and 13 respondents other are control group. This research used Mann-Whitney test. There are significant differences between intervention group and control group after consumed white dragon fruit and Rome Beauty apple juice with 0,021 p value (p value < 0,05). The effect of consumed white dragon fruit and Rome Beauty apple juice can affect to decrease insulin levels of patients with Diabetes Mellitus Type 2.*

***Keywords:*** *Diabetes Mellitus Type 2, White Dragon Fruit, Rome Beauty Apple, Insulin Levels.*