

**Penentuan Menu Diet Seimbang Bagi Penderita *Diabetes Mellitus***

**Menggunakan Logika Fuzzy Metode Tsukamoto**

*(Determination of a Balanced Diet Menu for Diabetes Mellitus Sufferers Using the Tsukamoto Method of Fuzzy Logic).*

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***ABSTRACT***

*Diabetes Mellitus is a disease that treats with blood sugar levels that exceed normal limits. In 2018, the proportion of people with diabetes increased to 2.0%. This study aims to provide recommendations for food consumed by Diabetes Mellitus sufferers by using parameters of age, nutritional status and physical activity to calculate calorie needs. The method used in this research is Tsukamoto Fuzzy logic. The output of this system is in the form of a recommendation menu according to the patient's body condition. The calculation rate of the system calculation is 74.40% with a comparison between the nutritional calculation, namely the Harris Benedict formula with the results of the Fuzzy calculation.*

*Keywords : Diet, Diabetes Mellitus, Tsukamoto Fuzzy logic*