

**Effects of Nutrition Counseling on Food Intake and Food Leftovers in
Patients with Diabetes Mellitus
at RSU Kaliwates Jember**

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ABSTRACT

Diabetes mellitus is characterized by hyperglycemia and disturbances in the metabolism of carbohydrates, fats and proteins. Nutrition counseling is an activity of providing nutritional and ethical information or advice that is closely related to a person's nutritional and health conditions. The purpose of this study was to determine the effect of nutritional counseling on food intake and food waste in inpatient diabetes mellitus at RSU Kaliwates Jember. This research was conducted over a period of 6 months (January – June) in 2023 at Kaliwates General Hospital, Jember, East Java. The research method used was a comparative study with a non-randomized control group pretest posttest design. The total sample in this study was 40 people consisting of 20 people in the control group and 20 people in the treatment group. The sampling technique in this study used a purposive sampling technique. Statistical analysis using SPSS 22.0 with test, Independent Sample T-test and Mann whitney. The results showed that there was an effect of nutritional counseling on energy intake ($p=0.000$), protein ($p=0.000$), fat ($p=0.008$) and carbohydrates ($p=0.001$). There was an effect of nutritional counseling on changes in leftovers of staple foods ($p=0.005$) and fruit ($p=0.14$), while for changes in leftovers of vegetable side dishes ($p=0.060$), animal side dishes ($p=0.513$) and vegetables ($p= 0.747$) statistically insignificant, meaning that there is no effect of nutritional counseling. The conclusion of this study is that nutrition counseling has a significant effect (<0.05) on food intake for energy, protein, fat, carbohydrates and food waste in staple foods and fruit.

Keywords: *Food intake, Leftovers, Diabetes mellitus*