

Correlation between Consumption of High Glycemic Index Foods and Simple Carbohydrates in Type II Diabetes Mellitus Patients

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ABSTRACT

Type 2 diabetes mellitus (DM) is a chronic metabolic disorder caused by the body's inability to use insulin effectively so that the concentration of glucose in the blood increases. Type 2 DM sufferers are advised to control blood sugar levels to prevent or slow down complications. Blood sugar levels can be influenced by food intake, one of which is high glycemic index foods and simple carbohydrates. This study aims to determine the relationship between intake of foods with a high glycemic index and simple carbohydrates with the incidence of type 2 DM. The method of this study was a cross sectional approach. The number of subjects in this research was 104 subjects using a purposive sampling technique. This research instrument consists of the subject's medical record which is used to collect characteristic data, a saffq form, a questionnaire sheet. Statistical analysis of this research uses SPSS with the chi square test. The results showed that there was a significant relationship between the consumption of high glycemic index foods and simple carbohydrates on the incidence of type 2 DM due to the frequent consumption pattern of both high GI foods and simple carbohydrates and simple carbohydrates showed a result of 0.34 (p value <0.05).

Keywords:High Glycemic Index, Simple Carbohydrates, Type 2 DM