

**Glycemic Index of Healthy Noodles Substituted with Jackfruit Seed Flour  
and Rice Bran as the Main Food for Type II Diabetes Mellitus Sufferers**

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**ABSTRACT**

Diabetes Mellitus is a metabolic disorder characterized by an increase in blood sugar levels due to abnormalities in insulin secretion, insulin action or both. The prevalence of diabetes mellitus in Jember district is 1.45%. Controlling blood sugar levels in Diabetes Mellitus sufferers can be done by consuming foods with a low glycemic index. Jackfruit seeds contain flavonoids which can neutralize free radicals and reduce blood glucose levels. The aim of this research was to determine the glycemic index value of healthy noodles with the substitution of jackfruit seed flour and rice bran. Jackfruit seed flour contains flavonoids which can neutralize free radicals and reduce blood glucose levels. Rice bran flour is rich in dietary fiber, and it has been proven that bran flour can help control blood glucose levels for diabetes sufferers. The type of research used was Quasy Experiment research with a post test only control group design to determine the Glycemic Index of healthy noodles with the addition of jackfruit seed flour and rice bran. The results of the glycemic index analysis show that the glycemic index of healthy noodles with the substitution of jackfruit seed flour and rice bran is 54.87.

**Keywords:** Jackfruit Seed Flour, Rice Bran, Glycemic Index, Diabetes Mellitus