

Efek Konseling Gizi Terhadap Tingkat Pengetahuan, Tingkat Konsumsi Gizi dan Kadar Gula Darah Pasien Diabetes Mellitus Tipe 2 rawat Jalan di Poliklinik Rs. Jember Klinik. *Effect of nutritional Counseling on the level of knowledge, the level of Konsumsi nutrition and blood sugar levels of type 2 Diabetes Mellitus Patients Outpatient Clinic At Rs. Jember clinic.*

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ABSTRACT

This research aims to know the effects of nutritional counseling on the level of knowledge, the level of consumption of nutrients and blood sugar levels in Diabetes Mellitus type 2 outpatient clinic at the hospital. Jember Clinic. The data were analyzed using the wilcoxon analysis, followed by a test of Paired t-test with the standard of sinifikansi 5%. This research was carried out using a knowledge sheet, food models, gluco check sheet and the recall 24-hour. The results showed there is a difference between the level of knowledge ($p = 0.001$), the level consumption of Energy nutrients ($p = 0.002$), carbohydrates ($p = 0.004$), Protein ($p = 0.000$) and fat ($p = 0.000$), fibers ($p = 0.001$) and sodium ($p = 0.000$) and blood sugar levels ($p = 0.000$) before and after given a nutritional counseling. From the results it can be known that there is a difference between the before and after nutrition counseling against the level of knowledge, the level consumption of nutrients as well as blood sugar levels Diabetes Mellitus type 2.

Keywords: *Type 2 Mellitus Diabetes, levels of consumption, the level of knowledge.*