

# **The Differences Carbohydrate Intake, Fiber and Blood Glucose Civil Servants Obesity and Non-obesity in the Polytechnic state of Jember**

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## **ABSTRACT**

The prevalence of obesity has become a serious issue in the world where the prevalence increased from year to year on worrying Period. One of Factors influential figure high incidence of obesity is Lifestyle change become western culture so that change society Eating. The purpose of this study was to determine the differences intake of carbohydrates, fiber, and blood glucose levels in the Civil Servants who are obesity and non-obesity in the Polytechnic State of Jember. This research was conducted for 2 weeks using the method of analytic survey with cross sectional design. Analysis of the data used to differences intake of carbohydrate, fiber, and blood glucose levels in the Civil Servants who are obesity and non-obesity using independent T-Test. The conclusion there's no difference carbohydrate intake obtained p value = 0,612, there are differences fiber intake p value = 0,020, and there are no differences in blood glucose levels p value = 0,097.

**Keywords:** Carbohydrate intake, fiber intake, Blood Glucose levels.