

Universitas Ngudi Waluyo
Program Studi S1 Gizi, Fakultas Kesehatan
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Khoirunisa Ussajidah
060117A021

HUBUNGAN ASUPAN SERAT DENGAN KADAR GLUKOSA DARAH PENDERITA DIABETES MELITUS TIPE 2 DI INDONESIA

(xvi + 61 halaman + 4 gambar + 2 tabel + 6 lampiran)

ABSTRAK

Latar Belakang : Konsumsi makanan sumber serat yang cukup diketahui dapat membantu menurunkan kadar glukosa darah penderita diabetes melitus tipe 2 . Penelitian ini bertujuan untuk mengetahui gambaran hubungan asupan serat dengan kadar glukosa darah penderita diabetes melitus tipe 2.

Metode : Metode yang digunakan dalam penelitian ini adalah *literature review*. Pencarian artikel melalui *google scholar* dengan kata kunci “Asupan Serat”, “Kadar glukosa darah penderita diabetes melitus tipe 2” dan dalam bahasa inggris “*Fiber Intake*”, “*Blood Glucose type 2 Diabetes Mellitus patient*”. Artikel yang digunakan di skrining berdasarkan kriteria inklusi dan eksklusi. Ekstraksi data ditulis dalam bentuk tabel.

Hasil : Artikel hasil skrining yang didapat berjumlah 8 artikel. Terdapat hubungan bermakna antara asupan serat dengan kadar glukosa darah penderita diabetes melitus tipe 2. Responden yang mengkonsumsi serat ≥ 25 gram/hari terbukti dapat menurunkan kadar glukosa darah. Semakin rendah asupan serat, maka semakin tinggi kadar glukosa darah penderita diabetes melitus tipe 2.

Simpulan : Ada hubungan antara asupan serat dengan kadar glukosa darah penderita diabetes melitus tipe 2

Kata kunci : Asupan serat, Kadar glukosa darah penderita diabetes melitus tipe 2

Kepustakaan : 61 (2001-2020)

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Khoirunisa Ussajidah
060117A021

**RELATIONSHIP OF FIBER INTAKE WITH BLOOD GLUCOSE
LEVELS OF TYPE 2 DIABETES MELLITUS PATIENTS IN INDONESIA**

(xvi + 61 pages + 4 images + 2 tables + 6 attachments)

ABSTRACT

Background: Adequate intake of dietary fiber is beneficial for lowering blood glucose levels in patients with type 2 diabetes mellitus. This study aimed to describe the relationship between fiber intake and blood glucose levels in patients with type 2 diabetes mellitus.

Methods: This study design was literature review. The search engine was Google Scholar. The keywords were “*Asupan Serat*”, *Kadar Glukosa Darah Penderita Diabetes Mellitus Tipe 2*” and in English "Fiber Intake", "Blood Glucose Type 2 Diabetes Mellitus Patient". Articles used in screening were based on inclusion and exclusion criteria. Data extraction is written in tabular form.

Results: The articles obtained from the screening were 8 articles. There is a significant relationship between fiber intake and blood glucose levels in patients with type 2 diabetes mellitus. Respondents who consume fiber > 25 grams/day have been shown to reduce blood glucose levels. The lower the fiber intake, the higher the blood glucose levels of people with type 2 diabetes mellitus.

Conclusion: There is a relationship between fiber intake and blood glucose levels in patients with type 2 diabetes mellitus

Keywords: fiber intake, blood glucose levels in type 2 diabetes mellitus patients

Bibliography : 61 (2001-2020)