

ABSTRACT

Oktaviani Salwa Nisrina, 2023. *Correlation between Glycemic Load of DM Diet, Level of Energy Consumption, Macronutrients, and Fiber with Blood Glucose Levels in Type 2 DM Patients.* Undergraduate Study Program of Applied Nutrition and Dietetics, Health Polytechnic of the Ministry of Health, Malang. Advisor : **Dr. Ir. Endang Sutjiati, M.Kes and Dr. Etik Sulistyowati, SST., S.Gz., M.Kes.**

Prevalence of DM in Level II Hospital Dr. Soepraoen Malang at 3.1%. A reduction in blood glucose can be achieved with a low glycemic load. Study how energy consumption, macronutrients and fiber relate to blood glucose levels. The aim of the research is to determine the relationship between the glycemic load of the DM diet, the level of consumption of energy, macronutrients and fiber with the blood glucose levels of Type 2 DM patients. This study uses an analytical observational research type. The sample used was 15 inpatients with a diagnosis or history of Type 2 DM on 24 May-12 June 2023. The sampling technique used *accidental sampling*. Data analysis uses Spearman rank correlation. Most of the patients were aged 55-64 years, female, not working, had normal nutritional status, had complications in the cardiovascular system, and were given insulin treatment by a doctor, the glycemic load of the patient's DM diet was low, the level of energy consumption, and the patient's carbohydrates were low , the level of protein consumption is balanced between poor and good, and the patient's level of fat and fiber consumption is good. There is no relationship between the glycemic load of DM diet, level of energy consumption, level of consumption of fat, carbohydrates and fiber and blood glucose levels of Type 2 DM patients at Level II Hospital dr. Soepraoen Malang. There is a relationship between the level of protein consumption and the blood glucose levels of Type 2 DM patients at Level II Hospital dr. Soepraoen Malang.

Keywords: Glycemic Load, DM Diet, Consumption Level, Nutrients