

ABSTRACT

A DESCRIPTION OF THE USE OF HONEY ON THE GLUCOSE LEVEL OF BLOOD WITH TYPE 2 DIABETES MELLITUS : *TRADITIONAL REVIEW*

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Backgrounds : Prevention is the most effective way to reduce the incidence of diabetes or degenerative disease. To help meet nutritional needs and control blood glucose levels in people with type 2 diabetes mellitus, there is a need for additional diet settings in which foods and drinks are needed. One of Indonesia's local components is honey, which has the potential for providing an alternative food source for diabetes.

Methods : The study was conducted to identify the relationship of using honey as an alternative to substitute sugar on glucose levels of type 2 diabetes mellitus. Literature search using the Google scholar, Mendeley and Science Direct database using keywords "honey on the glucose level of type 2 diabetes mellitus" and "honey, blood sugar levels, type 2 diabetes mellitus."

Result : From the five journals studied, honey has an relationship on glucose levels of type 2 diabetes mellitus.

Conclusion : From an analysis of the 5 already discussed journals, 3 of 5 would conclude that they have consistent research into the use of honey, which can significantly lower the glucose levels of type 2 diabetes mellitus.

Keywords : Honey, Blood Sugar Levels, Type 2 Diabetes Mellitus