

**GLYCEMIC BURDEN DIETARY
OF DIABETES MELITES TIP 2 SUFFERERS
AT PUSKESMAS RAMPAL CELAKET CITY MALANG**

Agtha Putri Riska Rahmania
Dr. Etik Sulistyowati, SST., S.Gz., M.Kes
D3 Nutrition Study Program Malang Health Polytechnic
Jl. Besar Ijen 77 C, Malang City
Email: p17110221011_agtha@poltekkes-malang.ac.id

ABSTRACT

Introduction: Type 2 diabetes mellitus is a significant global health problem with increasing prevalence. Management of this disease requires a multidisciplinary approach including proper dietary management to control blood glucose levels and reduce the risk of complications. This study aims to evaluate the glycemic load of the diet menu implemented in Puskesmas Rampal Celaket, Malang City. This study is expected to provide insights in developing more effective and relevant diet menus for diabetics, as well as improving understanding of the relationship between glycemic load and management of blood glucose levels. **Methods:** The type of research used was descriptive research by systematically collecting data on the glycemic load content of diet menus consumed by respondents without intervening in dietary patterns or dietary habits. Subjects were taken using purposive sampling technique with a total of 22 respondents who were type 2 diabetes mellitus patients at the Rampal Celaket Health Center, Malang City. **Results:** Patients with type 2 diabetes mellitus were 14 respondents aged 45 - 59 years with female gender 19 respondents who worked as housewives 12 respondents, and the last education was SMA / SMK 11 respondents. The most frequent diet consumption is rice and potatoes. Food processing is dominantly fried and excessive consumption of sugar and coconut milk. The results of the calculation of glycemic load most respondents consume foods with low glycemic load that support the management of blood glucose levels. **Discussion:** Food selection with lower glycemic load supports the management of more stable blood glucose levels and prevents the risk of metabolic diseases.

Keywords: Blood sugar level, diabetes mellitus, diet menu, glycemic load