

ABSTRACT

Background : *Diabetes Mellitus Type 2 is a growing health problem throughout the world, and its prevalence continues to increase every year. According to Riskesdas (2008), the prevalence of Type 2 Diabetes Mellitus in Indonesia reached 11.7%, an increase from 10.9% in 2018. A balanced diet with special attention to the level of consumption of carbohydrates, fats and fiber is very important for Diabetes Mellitus sufferers. Type 2.*

Objective : *This study aims to analyze the level of consumption of carbohydrates, fats and fiber on initial and final fasting blood glucose levels in Type 2 Diabetes Mellitus patients at RSUD dr. Soedomo, Trenggalek Regency.*

Method : *This type of research is an observational study with a cross-sectional design conducted at RSUD dr. Soedomo, Trenggalek Regency in November 2024. The sample for this study was 3 Type 2 Diabetes Mellitus patients in the inpatient room who met the inclusion and exclusion criteria. This research was carried out by observing and interviewing patients for 3 days using research instruments.*

Results : *Based on the data obtained, the level of carbohydrate consumption of all patients increased, the level of fat consumption of all patients decreased on the third day, and the level of fiber consumption of all patients experienced a deficit. Meanwhile, fasting blood glucose levels in all patients decreased on the third day.*

Conclusion : *Patients with normal and/close to normal levels of carbohydrate, fat and fiber consumption tend to have normal fasting blood glucose levels.*

Keywords: *Diabetes Mellitus Tipe 2, consumption levels, blood glucose*