

# **BLOOD SUGAR PROFILE OF DIABETES MELLITUS PATIENTS CONSUMING ROME BEAUTY APPLE JUICE IN THE WORK AREA OF JANTI PUBLIC HEALTH CENTER**

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## **ABSTRACT**

**Background:** Type 2 diabetes mellitus is a chronic metabolic disease characterized by increased blood glucose levels due to insulin resistance or decreased insulin secretion. One non-pharmacological approach that can help manage blood sugar levels is consuming foods or drinks rich in pectin and flavonoids, such as Rome Beauty apples. **Research Objective:** To determine the blood sugar profile of type 2 diabetes mellitus patients who consume Rome Beauty apple juice in the Janti Community Health Center work area. **Research Method:** This is a descriptive observational study with a cross-sectional approach. This study was conducted in May 2025. The population of this study were type 2 diabetes mellitus patients who consumed Rome Beauty apple juice. The sample consisted of 24 respondents. Data analysis used descriptive tests. **Research Results:** The average random blood sugar levels in type 2 diabetes mellitus respondents decreased for 7 days after consuming Rome Beauty apple juice, from 229.58 mg/dL to 212.42 mg/dL. This decrease indicates that consuming Rome Beauty apple juice has the potential to help maintain stable blood sugar levels in patients with type 2 diabetes. **Conclusion:** There were observable changes in blood sugar levels during the period of consumption of Rome Beauty apple juice.

**Keywords:** type 2 diabetes mellitus, blood sugar levels, Rome Beauty apple juice