

**GAMBARAN TINGKAT KONSUMSI ENERGI  
DAN ZAT GIZI MAKRO PENDERITA DIABETES MELITUS TIPE 2  
DI PUSKESMAS RAMPAL CELAKET KOTA MALANG**

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**Background:** Type 2 Diabetes Mellitus (DM) is a metabolic disease characterized by high blood glucose levels due to insulin resistance and impaired insulin secretion. According to IDF (2021), Indonesia ranks fifth in the world for the highest number of diabetes cases, with 19.47 million individuals affected out of a total population of 179.72 million, indicating a diabetes prevalence rate of 10.6%. One of the factors contributing to the management of Type 2 Diabetes Mellitus is the dietary pattern, particularly energy and macronutrient intake, including carbohydrates, proteins, and fats. **Research Objective :** To describe the levels of energy and macronutrient intake among Type 2 Diabetes Mellitus patients at Rampal Celaket Public Health Center, Malang City. **Methods:** This study used a descriptive research design conducted from June to September 2024. The population consisted of Type 2 Diabetes Mellitus patients at Rampal Celaket Public Health Center, Malang City. Subjects were selected using purposive sampling, resulting in 22 participants. Data analysis was performed descriptively. **Results :** The study revealed that most participants had normal energy intake (36.4%), severe protein deficits (63.6%), excessive fat intake (63.6%), and severe carbohydrate deficits (40.9%). **Conclusion:** Most respondents exhibited normal energy intake levels, severe protein deficits, excessive fat intake, and severe carbohydrate deficits.

**Keywords :** carbohydrate, diabetes mellitus, energy, fat, intake levels, protein