

Pengaruh pemberian makanan selingan berserat terhadap perubahan kadar glukosa darah penyandang diabetes melitus 2 = Effect of fiber snack administration on blood glucose level changes in patients with type 2 diabetes mellitus

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20365132&lokasi=lokal>

Abstrak

Asupan serat dalam menu harian penyandang diabetes masih rendah. Tujuan penelitian ini adalah mengetahui pengaruh penambahan serat dalam makanan selingan penyandang diabetes melitus (DM) 2 terhadap kadar glukosa darah. Penelitian ini merupakan studi eksperimental dengan desain menyilang alokasi acak pada 7 laki-laki dan 13 perempuan di Klinik Dokter Keluarga Kayu Putih Jakarta. Subyek penelitian dibagi dalam dua kelompok: kelompok kontrol mendapat anjuran diet DM dan kelompok perlakuan mendapat anjuran diet DM dan pemberian makanan selingan yang mengandung serat 6 gram/hari selama 3 minggu. Pemeriksaan kadar glukosa darah puasa dan 2 jam postprandial dilakukan pada awal dan akhir perlakuan. Status gizi obes didapatkan pada 55% subyek. Sebagian besar subyek tidak mematuhi anjuran diet DM: asupan lemak tinggi sedangkan asupan serat 7,0–13,7 g/hari. Pada awal penelitian, kadar glukosa darah puasa dan 2 jam postprandial serum kedua kelompok perlakuan tidak berbeda bermakna. Setelah periode perlakuan, perubahan kadar glukosa darah tidak bermakna, namun terlihat cenderung menurun pada kelompok perlakuan. Kesimpulan: pada penyandang DM tipe 2, pemberian makanan selingan yang mengandung serat 6 gram selama 3 minggu tidak menurunkan kadar glukosa darah puasa dan 2 jam postprandial serum.

.....Fiber intake in the daily menu of diabetes patients was observed to be lower than recommendation. The aim of this study was to evaluate the effect of fiber supplementation as snack on blood glucose levels in type 2 diabetic subjects. This randomized, cross-over controlled clinical trial involved 7 men and 13 women, who visited to Family Doctor Clinic Kayu Putih in Jakarta. Subjects were assigned into two groups: control group who got diabetic diet recommendation, while treatment group got diabetic diet recommendation and snack containing 6 grams fiber/day for three weeks. Fasting blood glucose (FBG) and 2 hours postprandial blood glucose (PPBG) levels were assessed before and after intervention. Fifty five percent of the subjects were obese. Majority of subjects could not comply with diabetic regiment: high in fat, while fiber intakes was around 7.0–13.7 g/day. At baseline, FBG and PPBG levels were comparable. After intervention period, blood glucose level did not changed significantly, but tend to decrease in the treatment group. In conclusion: snack containing 6 grams of fiber for three weeks did not decrease FBG and PPBG of type 2 diabetic subjects.