

Pengaruh berbuka puasa dengan buah kurma dibandingkan teh manis terhadap respon glikemik, vas lapar, dan vas kenyang pada subjek sehat yang berpuasa selama 12 jam = The impact of breaking the fast with date palm fruit than sweet tea to the glycemik response vas hunger, and vas satiety in healthy subjects were fasted for 12 hours / Hayfa Husaen

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Abstrak

[ABSTRAK

Puasa merupakan kenyang setelah berbuka puasa dipengaruhi oleh konsumsi jenis makanan pada saat berbuka. Buah kurma mengandung faktor intrinsik yang dapat memberikan pengaruh terhadap respon glikemik, rasa lapar, dan kenyang. Penelitian cross- over acak ini bertujuan untuk mengetahui pengaruh berbuka puasa dengan buah kurma deglet nour dibandingkan teh manis terhadap respon glikemik, VAS lapar, dan VAS kenyang pada 12 subjek sehat yang berpuasa selama \pm 12 jam. Hasil menunjukkan bahwa buah kurma memiliki respon glikemik yang lebih rendah secara signifikan (berturut-turut $2631,6 \pm 664,0$ mg.menit/dL dan $2973,4 \pm 799,3$ mg.menit/dL, $p = 0,023$), VAS lapar lebih rendah secara signifikan (berturut-turut $83,0 \pm 5,6$ mm dan $87,5 \pm 5,2$ mm, $p = <0,001$), dan VAS kenyang lebih tinggi secara signifikan dibandingkan dengan teh manis (berturut-turut $19,6 \pm 5,4$ mm dan $11,5 \pm 7,2$ mm, $p = <0,001$). Pada penelitian ini ditemukan bahwa buah kurma memperlihatkan respon glikemik yang lebih rendah, dapat menunda rasa lapar dan dapat mempertahankan rasa kenyang yang lebih lama dibandingkan teh manis.

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ABSTRACT

Fasting is worship for Moslems. Glycemic response, hunger, and satiety after breaking the fast is affected by the consumption of food at the time of breaking. Date palm fruit contains intrinsic factors which can impact the glycemic response, hunger, and satiety. Randomized cross-over study aims to determine the impact of breaking the fast with deglet nour palm fruit than sweet tea to the glycemic response, VAS hunger, and VAS satiety in 12 healthy subjects who were fasted for \pm 12 hours. The results showed that the date palm fruit has significantly lower glycemic response (2631.6 ± 664.0 mg.minutes/dL and 2973.4 ± 799.3 mg.minutes/dL, respectively; $p = 0.023$), significantly lower VAS hunger (83.0 ± 5.6 mm and 87.5 ± 5.2 mm, respectively; $p = <0.001$), and significantly higher VAS satiety than sweet tea (19.6 ± 5.4 mm and 11.5 ± 7.2 mm, respectively; $p = <0.001$). In this study found that date palm fruit showed lower glycemic response, delaying hunger and maintain satiety longer than sweet tea., Fasting is worship for Moslems. Glycemic response, hunger, and satiety after breaking the fast is affected by the consumption of food at the time of breaking. Date palm fruit contains intrinsic factors which can impact the glycemic response, hunger, and satiety. Randomized cross-over study aims to determine the impact of breaking the fast with deglet nour palm fruit than sweet tea to the glycemic response, VAS hunger, and VAS satiety in 12 healthy subjects who were fasted for \pm 12 hours. The results showed that the date palm fruit has significantly lower glycemic response (2631.6 ± 664.0 mg.minutes/dL and 2973.4 ± 799.3 mg.minutes/dL, respectively; $p = 0.023$), significantly lower VAS hunger (83.0 ± 5.6 mm and 87.5 ± 5.2 mm, respectively; $p = <0.001$), and significantly higher VAS satiety than sweet tea (19.6 ± 5.4 mm and 11.5 ± 7.2 mm, respectively; $p = <0.001$). In this study

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