ABSTRAK

.
Hanifa. 2014. **Perbandingan Jumlah Karbohidrat pada Makanan Tradisional dan Modern di Kota Malang dalam Kaitannya dengan *Carbohydrate Counting* pada Penderita Diabetes Mellitus.** Tugas Akhir, Program Studi Gizi Kesehatan Fakultas Kedokteran, Universitas Brawijaya. Pembimbing: (1) Dian Handayani, SKM, M.Kes, PhD (2) Widya Rahmawati, S.Gz, M.Gizi.

Terjadi peningkatan tren konsumsi makanan di luar rumah. Namun, informasi zat gizi terutama karbohidrat pada makanan yang ada di Kota Malang (makanan tradisional maupun modern) masih sangat kurang. Padahal penderita diabetes mellitus membutuhkan informasi tersebut untuk memilih makanan yang tepat. Tujuan dari penelitian ini adalah untuk mengetahui dan membandingkan jumlah karbohidrat pada makanan tradisional dan modern di Kota Malang yang berhubungan dengan level *carbohydrate counting* pada penderita diabetes mellitus. 60 sampel makanan dikategorikan ke dalam dua kelompok yaitu tradisional dan modern. Karbohidrat dalam tiap bahan makanan dianalisa menggunakan *software* NutriSurvey. Analisa statistik menggunakan SPSS 16. Hasil penelitian ini menunjukkan bahwa rata – rata karbohidrat makanan tradisional dan makanan modern tidak berbeda secara signifikan (p=0,093). Dengan rata-rata karbohidrat makanan tradisional dan modern sebesar 68,12 ± 34,29 dan 53,02 ± 34,15. Sajian karbohidrat yang didapatkan berdasarkan metode *carbohydrate counting* (carbing) sebesar 4,54 ± 2,28 (makanan tradisional) dan 3,53 ± 2,28 (makanan modern) dengan p=0,093. Kesimpulannya tidak terdapat perbedaan yang signifikan antara karbohidrat makanan tradisional dan modern di Kota Malang. Namun terdapat tren bahwa karbohidrat makanan tradisional lebih tinggi daripada makanan modern. Hal ini penting untuk penderita diabetes mellitus dalam memilih makanan.

Kata kunci: Diabetes mellitus, karbohidrat, *carbohydrate counting*, sajian karbohidrat, makanan tradisional, dan makanan modern.

ABSTRACT

Hanifa. 2014. **Comparison of Carbohydrate Amount between Traditional and Modern Food in Malang in Relation to Carbohydrate Counting in Diabetes Mellitus Patients.** Final Assignment. Health Nutrition Department Medical Faculty, Brawijaya University. Advisors: (1) Dian Handayani, SKM, M.Kes, PhD (2) Widya Rahmawati, S.Gz, M.Gizi.

The trend of eating away from home is increasing now. For the case in Malang, less information is available about nutrients in both traditional and modern foods, especially carbohydrate. Meanwhile, people suffering from diabetes mellitus need it to choose their proper diets. The aims of this study is to identify and compare carbohydrate amounts in traditional and modern foods in Malang in relation to carbohydrate counting level used by people with diabetes mellitus. Sixty food samples were grouped into traditional food and modern food. Carbohydrate amount from each food has been analyzed with NutriSurvey software. Statistical analysis was performed using SPSS 16th. The study shows that there is no significant difference in carbohydrate amounts between traditional and modern foods (p=0,093). The average of carbohydrate amounts in traditional and modern foods are 68,12 ± 34,29 and 53,02 ± 34,15 respectively. The average of carbohydrate serving size based on carbohydrate counting method is 4,54 ± 2,28 in traditional foods and 3,53 ± 2,28 in modern foods, with p=0,093. Hence, it can be concluded that there is no significant difference in carbohydrate amounts between traditional foods and modern foods in Malang. However, the emerging trend shows that traditional foods have higher carbohydrate amounts compared to modern foods. The information about carbohydrate amount in food is highly important for people with diabetes mellitus in choosing foods for their diets.

Keywords : Diabetes mellitus, carbohydrate, carbohydrate counting, serving size carbohydrate, traditional foods, and modern foods.