

ABSTRACT

HILYA KAMILLA. *Description of Consumption Habits of Sweet Foods and Drinks and Artificial Sweeteners in Type 2 Diabetes Mellitus Patients at Purbaratu Community Health Center, Tasikmalaya City. Under Supervision of EDRI INDAH YULIZA NUR.*

Type 2 Diabetes Mellitus is a non-communicable disease with increasing prevalence globally and nationally, including in the working area of Purbaratu Public Health Center. Consumption of sweet foods, sweet beverages, and artificial sweeteners may affect blood glucose control in patients with Type 2 Diabetes Mellitus. This study aimed to describe the types and amounts of consumption of sweet foods, sweet beverages, and artificial sweeteners among patients with Type 2 Diabetes Mellitus. This study used a descriptive design with 85 respondents selected through stratified cluster non-probability sampling. Data were collected through interviews using Food Record 2×24 hours and Semi Quantitative Food Frequency Questionnaire (SQ-FFQ). The results showed that all respondents (100%) consumed sweet foods, sweet beverages, and artificial sweeteners within the recommended category. The types of sweeteners consumed included granulated sugar, palm sugar, honey, syrup, sweetened condensed milk, packaged sweet beverages, and products containing artificial sweeteners. The amount of sweet food, sweet beverage, and artificial sweetener consumption based on Food Record 2×24 hours and SQ-FFQ also showed 100% within the recommended category, indicating that respondents' sugar intake was still within the recommended limits for patients with Type 2 Diabetes Mellitus. Therefore, dietary control, monitoring of sugar intake, and continuous nutrition education are needed to help maintain blood glucose stability and prevent long-term complications.

Keywords: *Type 2 Diabetes Mellitus, Sweet Foods, Sweet Beverages, Artificial Sweeteners, Consumption Habits.*