

ABSTRAK

Alfida Berliana, 2024. *The Impact of Providing Food Prototypes for Special Medical Needs Based on Brown Rice and Oyster Mushrooms on Visceral Fat Levels in Patients with Type 2 Diabetes Mellitus.* A Scientific papers, Diploma 3 Nutrition Study Program, Department of Nutrition, Malang Health Polytechnic. (Under the guidance of: Dr. Etik Sulistyowati, S.ST., S.Gz, M.Kes)

Background: Diabetes mellitus is a metabolic disease characterized by an increase in blood sugar caused by disruption of the insulin hormone or insulin resistance. Insulin resistance is caused by fat mass and body fat distribution. Visceral fat is fat that is in the abdominal area. Excessive levels of visceral fat are associated with insulin resistance and metabolic risk factors for type 2 diabetes mellitus. There is a hypothesis that improving food quality by substituting white rice for brown rice and consuming oyster mushrooms can reduce visceral fat.

Method: It is a Quasi Experiment research with one-group pre-test and post-test design, where a group is measured and observed before and after treatment.

Result: The T-test analysis showed that the average visceral fat level decreased after administering food prototypes for special medical requirements made from brown rice and oyster mushrooms with a p-value (<0.05). **Conclusion:** Food prototypes for special medical requirements based on brown rice and oyster mushrooms affects reducing the amount of visceral fat in type 2 diabetes mellitus sufferers. The decrease in visceral fat was followed by a decrease in the level of energy and fat consumption caused by an increase in satiety which was influenced by the fiber content in the food prototypes.

Keywords: Brown Rice, Oyster Mushrooms, Visceral Fat, Diabetes Mellitus, T2DM