

Hubungan antara asupan serat total, inulin, dan fruktooligosakarida terhadap kadar hemoglobin A1C wanita suku Minangkabau dan Sunda = Association of total dietary fiber inulin and fructooligosaccharide intake with hemoglobin A1C level in Minangkabau and Sundanese women

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Abstrak

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Penelitian mengenai hubungan inulin dan fruktooligosakarida FOS terhadap kadar gula darah masih terbatas dan hasilnya kontradiktif. Penelitian ini merupakan penelitian potong lintang untuk menilai hubungan antara asupan serat total, inulin, dan FOS dengan kadar Hemoglobin A1c pada wanita Suku Minangkabau dan Sunda. Dilakukan penilaian asupan terhadap 298 wanita menggunakan semi quantitative food frequency questionnaire. Analisis data menggunakan uji regresi linier ganda. Median serat, inulin, dan FOS lebih tinggi bermakna pada wanita Sunda dibandingkan Minangkabau. Median kadar HbA1c tidak berbeda bermakna antara kedua suku. Setelah dilakukan penyesuaian terhadap faktor pengganggu, asupan serat $r = -0,011$, $p = 0,211$, inulin $r = -0,019$, $p = 0,733$, dan FOS $r = -0,092$, $p = 0,357$ tidak berhubungan dengan kadar HbA1c pada wanita Suku Minangkabau dan wanita Sunda.

ABSTRACT

Inulin and Fructooligosaccharide FOS are recently known to have effect on lowering blood glucose, but this finding was still multivocal. A cross sectional study was conducted to assess the relationship between dietary fiber, inulin, and FOS intake with hemoglobin A1c HbA1c level in Minangkabau and Sundanese women. A total of 298 women were selected. Fiber, inulin and FOS intake was assessed using semi quantitative food frequency questionnaire. Data was analyzed using multiple linear regression. Median of dietary fiber, inulin, and FOS are significantly higher in Sundanese than in Minangkabau women. Median of HbA1c level was not statically different between two ethnics. After adjustment with potential confounders, there was no relationship between total dietary fiber $r = -0,011$, $p = 0,211$, inulin $r = -0,019$, $p = 0,733$, dan FOS $r = -0,092$, $p = 0,357$ intake with HbA1c level in Minangkabau and Sundanese women.