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Efek pemberian minyak zaitun dan minyak bekatul terhadap kontrol glikemik pada subjek diabetes melitus = Effects of extra virgin olive oil versus rice bran oil on glycemic control of diabetes mellitus

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Abstrak

ABSTRAK Latar belakang: Tujuan penelitian ini adalah untuk mengetahui pengaruh minyak zaitun dan minyak bekatul terhadap kontrol glikemik dan profil lipid pada pasien dengan diabetes mellitus tipe 2. Metode: 10 subjek menerima 15 ml / hari minyak zaitun dan minyak bekatul. Kadar glukosa darah puasa, glukosa postprandial, kolesterol total, low-density lipoprotein (LDL), high-density lipoprotein (HDL), dan trigliserida (TG) diukur. Subjek dicross over setelah periode wash out. Data dianalisis menggunakan uji-t berpasangan atau uji Wilcoxon yang sesuai dalam kelompok minyak bekatul dan minyak zaitun. Hasil: perubahan glukosa darah puasa, glukosa postprandial, kolesterol total, LDL, dan TG tidak berbeda secara signifikan pada kedua kelompok. Namun, secara signifikan menurunkan kadar HDL diamati pada dua kelompok. Kesimpulan: Minyak bekatul dan minyak zaitun tidak berpengaruh signifikan terhadap kadar glukosa darah puasa dan glukosa postprandial. Kata kunci: DM tipe 2; minyak bekatul; minyak zaitun; kontrol glikemik; profil lipid <hr /> ABSTRACT Background: The aim of this study was to determine the effect of extra virgin olive oil (EVOO) and rice bran oil (RBO) on glycemic control and lipid profile in patients with type 2 diabetes mellitus (DM). Methods: 10 subjects received 15 ml/day of EVOO and RBO. Fasting blood glucose, postprandial glucose, total serum cholesterol, low-density lipoprotein (LDL), high-density lipoprotein (HDL), and triglyceride (TG) were measured. Subjects were cross-covered after wash out. Data were analyzed using paired t-test or Wilcoxon test as appropriate in the group RBO and EVOO. Results: the changes of fasting blood glucose, postprandial glucose, total cholesterol, LDL, and TG were not significantly different in the two groups. However, significantly decreased the levels of HDL were observed in two groups. Conclusion: RBO and EVOO no significant influence on the levels of fasting blood glucose and postprandial glucose. Keywords: type 2 DM; EVOO; RBO; glycemic control; lipid profile <br clear="all" />