DAFTAR PUSTAKA

Aas, A.-M., Axelsen, M., Churuangsuk, C., Hermansen, K., Kendall, C.W.C., Kahleova, H., et al., 2023. Evidence-based European recommendations for the dietary management of diabetes. *Diabetologia* 66: 965–985. doi:10.1007/s00125-023-05894-8

Abd-elraouf, M.S.E., 2020. Factors Affecting Glycemic Control in Type II Diabetic Patients 81: 1457–1461.

Abdullah, Budiyanto, A., & Hoerudin, H., 2013. Nilai Indeks Glikemik Produk Pangan dan Faktor-faktor yang Memengaruhinya. *J Litbang Pert* 32: 91–99.

Abebe, A., Wobie, Y., Kebede, B., Wale, A., Destaw, A., & Ambaye, A.S., 2022. Self-care practice and glycemic Control among type 2 diabetes patients on follow up in a developing country: a prospective observational study. *J. Diabetes Metab. Disord.* 21: 455–461. doi:10.1007/s40200-022-00995-4

Adyarini, D.D., Sinorita, H., & Ikhsan, M.R., 2019. The Effect of Providing Food Made from Resistant Starch Fiber (Dioscorea Esculenta, Maranta Arundinaceae L, Cucurbita Moschata, Manihot Utilissma) on the Improvement of Glycated Albumin in Type 2 Diabetes Mellitus Patients at Dr. Sardjito General Hospit. *Acta Interna J. Intern. Med.* 9: 1–7.

Agedew E, Abebe Z and Ayelign A. 2023. Dietary patterns in relation with nutritional outcomes and associated factors among adolescents: implications for context-specific dietary intervention for the Agrarian Community, Northwest Ethiopia. *Front. Nutr.* 10:1274406. doi: 10.3389/fnut.2023.1274406

Ahmad, J., Khan, I., & Blundell, R., 2019. Moringa oleifera and glycemic control: A review of current evidence and possible mechanisms. *Phyther. Res.* 33: 2841–2848. doi:10.1002/ptr.6473

Ahmad, N.S., Islahudin, F., & Paraidathathu, T., 2014. Factors associated with good glycemic control among patients with type 2 diabetes mellitus. *J. Diabetes Investig.* 5: 563–569. doi:10.1111/jdi.12175

Aihara, M., Hayashi, T., Koizumi, C., Sakurai, Y., Sawada, M., Kubota, T., et al., 2023. Bi-weekly Glycated Albumin Measurement was Useful to Encourage Behavioral Changes in People with Type 2 Diabetes Mellitus. *Diabetes Ther.* 14: 1711–1721. doi:10.1007/s13300-023-01452-y

Aklilu, T., Hiko, D., Mohammed, M.A., & Dekema, N.H., 2014. Diabetic Patients' Knowledge of Their Disease, Therapeutic Goals, and Self-management: Association With Goal Attainment at Dessie Referral Hospital, Ethiopia. *Ther. Innov. Regul. Sci.* 48: 583–591. doi:10.1177/2168479014524960

Akti, R.R., & Soviana, E., 2022. Asupan Vitamin C Terhadap Kadar Hdl Pada Lansia Diabetes Mellitus Tipe 2 Di Paguyuban Diabetes Mellitus Surakarta. *Indones. J. Nutr. Sci. Food* 1: 1–8.

Alghamdi, M.M., Burrows, T., Barclay, B., Baines, S., & Chojenta, C., 2023. Culinary Nutrition Education Programs in Community-Dwelling Older Adults: A Scoping Review. *J. Nutr. Health Aging*. doi:10.1007/s12603-022-1876-7

American Diabetes Association, 2020a. 5. Facilitating Behavior Change and Well-being to Improve Health Outcomes: Standards of Medical Care in Diabetes—2020. *Diabetes Care* 43: S48–S65. doi:10.2337/dc20-S005

American Diabetes Association, 2020b. 4. Comprehensive Medical Evaluation and Assessment of Comorbidities: Standards of Medical Care in Diabetes—2020. *Diabetes Care* 43: S37–S47. doi:10.2337/dc20-S004

American Diabetes Association, 2020c. 9. Pharmacologic Approaches to Glycemic Treatment: Standards of Medical Care in Diabetes—2020. *Diabetes Care* 43: S98–S110. doi:10.2337/dc20-S009

Andiwijaya, F.R., Kadriyan, H., & Syamsun, A., 2021. Education Level as a Predictor for Health Literacy Levels in a Rural Community Health Centre, in: Proceedings of the 2nd Global Health and Innovation in Conjunction with 6th ORL Head and Neck Oncology Conference (ORLHN 2021). pp. 273–277. doi:10.2991/ahsr.k.220206.051

Andrade, E.F., Lobato, R.V., De Araújo, T.V., Zangerônimo, M.G., De Sousa, R.V., & Pereira, L.J., 2015. Effect of beta-glucans in the control of blood glucose levels of diabetic patients: a systematic review. *Nutr. Hosp.* 31: 170–177. doi:10.3305/nh.2015.31.1.7597

Arvidsson-Lenner, R., Asp, N.-G., Axelsen, M., Bryngelsson, S., Haapa, E., Järvi, A., et al., 2004. Glycaemic Index. Relevance for health, dietary recommendations and food labelling. *Food Nutr. Res.* 48. doi:10.3402/fnr.v48i2.1509

Arwan, A., Sidiq, M., Priyambadha, B., Kristianto, H., & Sarno, R., 2013. Ontology and semantic matching for diabetic food recommendations. *Proc. - 2013 Int. Conf. Inf. Technol. Electr. Eng. "Intelligent Green Technol. Sustain. Dev. ICITEE 2013* 170–175. doi:10.1109/ICITEED.2013.6676233

Asmelash, D., Abdu, N., Tefera, S., Baynes, H.W., & Derbew, C., 2019. Knowledge, Attitude, and Practice towards Glycemic Control and Its Associated Factors among Diabetes Mellitus Patients. *J. Diabetes Res.* 2019: 1–9. doi:10.1155/2019/2593684

Astuti, A., & Maulani, M., 2017. PANGAN INDEKS GLIKEMIK TINGGI DAN GLUKOSA DARAH PASIEN DIABETES MELLITUS TIPE II. *J. Endur.* 2: 225. doi:10.22216/jen.v2i2.1956

Ayua, E.O., Nkhata, S.G., Namaumbo, S.J., Kamau, E.H., Ngoma, T.N., & Aduol, K.O., 2021. Polyphenolic inhibition of enterocytic starch digestion enzymes and glucose transporters for managing type 2 diabetes may be reduced in food systems. *Heliyon* 7: e06245. doi:10.1016/j.heliyon.2021.e06245

Azami, G., Soh, K.L., Sazlina, S.-G., Salmiah, M.S., Khosravi, A., Aazami, S., et al., 2019. The Effect of Depression on Poor Glycemic Control in Adults with Type 2 Diabetes: The Mediating Roles of Self-Efficacy and Self-Management Behaviors. *Dubai Diabetes Endocrinol. J.* 25: 80–89. doi:10.1159/000502126

Badan Penelitian dan Pengembangan Kesehatan, 2013. Riset Kesehatan Dasar (RISKESDAS) 2013. *Lap. Nas. 2013* 1–384. doi:1 Desember 2013

Badan Pusat Statistik (BPS) Kota Malang, 2023. Kota Malang Dalam Angka 2023. Kota Malang.

Badan Pusat Statistik (BPS) Kota Malang, 2020. Kota Malang dalam Angka, Malang Municipality in Figures 2020 xlii + 394.

Baral, J., Karki, K.B., Thapa, P., Timalsina, A., Bhandari, Rama, Bhandari, Rabindra, et al., 2022. Adherence to Dietary Recommendation and Its Associated Factors among People with Type 2 Diabetes: A Cross-Sectional Study in Nepal. *J. Diabetes Res.* 2022: 1–8. doi:10.1155/2022/6136059

Benson, G., & Hayes, J., 2020. An Update on the Mediterranean, Vegetarian, and DASH Eating Patterns in People With Type 2 Diabetes. *Diabetes Spectr.* 33: 125–132. doi:10.2337/ds19-0073

Bijani, M., Tehranineshat, B., Ahrari, F., & Beygi, N., 2020. A Comparison between Multimedia and Traditional Education in Encouraging Abstract : 1–6.

doi:10.2174/1876526202012010001

Bin Rakhis, S.A., AlDuwayhis, N.M., Aleid, N., AlBarrak, A.N., & Aloraini, A.A., 2022. Glycemic Control for Type 2 Diabetes Mellitus Patients: A Systematic Review. *Cureus*. doi:10.7759/cureus.26180

Bintari, S.H., Putriningtyas, N.D., Nugraheni, K., Widyastiti, N.S., Dharmana, E., & Johan, A., 2015. Comparative effect of Tempe and soymilk on fasting blood glucose, insulin level and pancreatic beta cell expression (Study on streptozotocin-Induced diabetic rats). *Pakistan J. Nutr.* doi:10.3923/pjn.2015.239.246

Bodnaruc, A.M., Prud'homme, D., Blanchet, R., & Giroux, I., 2016. Nutritional modulation of endogenous glucagon-like peptide-1 secretion: a review. *Nutr. Metab. (Lond).* 13: 92. doi:10.1186/s12986-016-0153-3

Brand-Miller, J., Hayne, S., Petocz, P., & Colagiuri, S., 2003. Low-Glycemic Index Diets in the Management of Diabetes: A meta-analysis of randomized controlled trials. *Diabetes Care* 26: 2261–2267. doi:10.2337/diacare.26.8.2261

Briend, A., Darmon, N., Ferguson, E., & Erhardt, J.G., 2003. Linear programming: A mathematical tool for analyzing and optimizing children's diets during the complementary feeding period. *J. Pediatr. Gastroenterol. Nutr.* 36: 12–22. doi:10.1097/00005176-200301000-00006

Brown, S.A., García, A.A., Brown, A., Becker, B.J., Conn, V.S., Ramírez, G., et al., 2016. Biobehavioral determinants of glycemic control in type 2 diabetes: A systematic review and meta-analysis. *Patient Educ. Couns.* 99: 1558–1567. doi:10.1016/j.pec.2016.03.020

Camps, S.G., Kaur, B., Quek, R.Y.C., & Henry, C.J., 2017. Does the ingestion of a 24 hour low glycaemic index Asian mixed meal diet improve glycaemic response and promote fat oxidation? A controlled, randomized cross-over study. *Nutr. J.* 16: 43. doi:10.1186/s12937-017-0258-1

Cerf, M.E., 2013. Beta cell dysfunction and insulin resistance. *Front. Endocrinol. (Lausanne).* 4: 1–12. doi:10.3389/fendo.2013.00037

Chen, Q., & Reimer, R.A., 2009. Dairy protein and leucine alter GLP-1 release and mRNA of genes involved in intestinal lipid metabolism in vitro. *Nutrition* 25: 340–349. doi:10.1016/j.nut.2008.08.012

Chowdhury HA, Harrison CL, Siddiquea BN, Tissera S, Afroz A, Ali L, *et al.* 2024. The effectiveness of diabetes self-management education intervention on glycaemic control and cardiometabolic risk in adults with type 2 diabetes in low- and middle-income countries: A systematic review and meta-analysis. *PLoS ONE* 19(2): e0297328. https://doi.org/10.1371/journal.pone.0297328

Chrvala, C.A., Sherr, D., & Lipman, R.D., 2016. Diabetes self-management education for adults with type 2 diabetes mellitus: A systematic review of the effect on glycemic control. *Patient Educ. Couns.* 99: 926–943. doi:10.1016/j.pec.2015.11.003

Church, T.S., Blair, S.N., Cocreham, S., Johannsen, N., Johnson, W., Kramer, K., et al., 2010. Effects of Aerobic and Resistance Training on Hemoglobin A 1c Levels in Patients With Type 2 Diabetes. *JAMA* 304: 2253. doi:10.1001/jama.2010.1710

Ciaccio, M., 2019. Introduction of glycated albumin in clinical practice. *J. Lab. Precis. Med.* 4: 1–11. doi:10.21037/jlpm.2019.08.02

Ciarambino, Tiziana, Pietro Crispino, Gaetano Leto, Erika Mastrolorenzo, Ombretta Para, and Mauro Giordano. 2022. "Influence of Gender in Diabetes

Mellitus and Its Complication" *International Journal of Molecular Sciences* 23, no. 16: 8850. https://doi.org/10.3390/ijms23168850

Cojic, M., Kocic, R., Klisic, A., & Kocic, G., 2021. The Effects of Vitamin D Supplementation on Metabolic and Oxidative Stress Markers in Patients With Type 2 Diabetes: A 6-Month Follow Up Randomized Controlled Study. *Front. Endocrinol. (Lausanne).* 12. doi:10.3389/fendo.2021.610893

Coppell, K.J., Kataoka, M., Williams, S.M., Chisholm, A.W., Vorgers, S.M., & Mann, J.I., 2010. Nutritional intervention in patients with type 2 diabetes who are hyperglycaemic despite optimised drug treatment - Lifestyle over and above drugs in diabetes (LOADD) study: Randomised controlled trial. *BMJ* 341: 237. doi:10.1136/bmj.c3337

Cradock, Kevin A, Gearóid, G.G., Gearóid´olaighin, G., Finucane, F.M., Mckay, R., Quinlan, L.R., et al., 2017a. Diet Behavior Change Techniques in Type 2 Diabetes: A Systematic Review and Meta-analysis. *1800 Diabetes Care* 40. doi:10.2337/dc17-0462

Cradock, Kevin A., ÓLaighin, G., Finucane, F.M., Gainforth, H.L., Quinlan, L.R., & Ginis, K.A.M., 2017. Behaviour change techniques targeting both diet and physical activity in type 2 diabetes: A systematic review and meta-analysis. *Int. J. Behav. Nutr. Phys. Act.* 14: 18. doi:10.1186/s12966-016-0436-0

Cradock, Kevin A, ÓLaighin, G., Finucane, F.M., McKay, R., Quinlan, L.R., Martin Ginis, K.A., et al., 2017b. Diet behavior change techniques in type 2 diabetes: A systematic review and meta-analysis. *Diabetes Care* 40: 1800–1810. doi:10.2337/dc17-0462

Dahlan, S., 2019. Besar Sampel dalam Penelitian Kedokteran dan Kesehatan, 5th ed. Epidemiologi Indonesia, Jakarta.

Dal, S., & Sigrist, S., 2016. The Protective Effect of Antioxidants Consumption on Diabetes and Vascular Complications. *Diseases* 4: 24. doi:10.3390/diseases4030024

Deshmane, A.R., & Muley, S.A., 2022. Adherence and Barriers to Medical Nutrition Therapy and the Effect on Glycemic Control Among Individuals With Type 2 Diabetes in India. *Curr. Res. Nutr. Food Sci.* 10: 1020–1029. doi:10.12944/CRNFSJ.10.3.18

Dharmansyah, D., & Budiana, D., 2021. Indonesian Adaptation of The International Physical Activity Questionnaire (IPAQ): Psychometric Properties. *J. Pendidik. KEPERAWATAN Indones.* 7: 159–163. doi:10.17509/jpki.v7i2.39351

Dhoruri, A., Lestari, D., & Ratnasari, E., 2017. Sensitivity Analysis of Goal Programming Model for Dietary Menu of Diabetes Mellitus Patients. *Int. J. Model. Optim.* 7: 7. doi:10.7763/IJMO.2017.V7.549

Dinas Kesehatan Kota Malang, 2023. Profil Kesehatan Kota Malang Tahun 2022. Malang city.

Dinas Kesehatan Kota Malang, 2019. Data Pencapaian SPM Penyakit Tidak Menular PTM, Keswa, IVA januari – September 2019. Kota Malang.

Dinas Kesehatan Kota Malang, 2018. Data Pencapaian SPM Penyakit Tidak Menular PTM, Keswa, IVA januari – September 2018. Kota Malang.

Dini, C.Y., Sabila, M., Habibie, I.Y., & Nugroho, F.A., 2018. Asupan Vitamin C dan E Tidak Mempengaruhi Kadar Gula Darah Puasa Pasien DM Tipe 2. *Indones. J. Hum. Nutr.* 4: 65–78. doi:10.21776/ub.ijhn.2017.004.02.1

Dwipajati, D., Widajati, E., Ainaya, A.F., & Novanda, R.D., 2022. Potential of Indonesian Community Food Sources which are Rich in Fiber as an Alternative Staple Food for Type 2 Diabetics: A Scoping Review. *Open*

Access Maced. J. Med. Sci. 10: 47–53. doi:10.3889/oamjms.2022.9470

El-Sappagh, S., Kwak, D., Ali, F., & Kwak, K.S., 2018. DMTO: A realistic ontology for standard diabetes mellitus treatment. *J. Biomed. Semantics* 9: 1–30. doi:10.1186/s13326-018-0176-y

Ellulu, M.S., Rahmat, A., Patimah, I., Khaza'Ai, H., & Abed, Y., 2015. Effect of vitamin C on inflammation and metabolic markers in hypertensive and/or diabetic obese adults: A randomized controlled trial. *Drug Des. Devel. Ther.* 9: 3405–3412. doi:10.2147/DDDT.S83144

Evans, P.L., McMillin, S.L., Weyrauch, L.A., & Witczak, C.A., 2019. Regulation of skeletal muscle glucose transport and glucose metabolism by exercise training. *Nutrients* 11: 1–24. doi:10.3390/nu11102432

Evert, A.B., Dennison, M., Gardner, C.D., Garvey, W.T., Hei, K., Lau, K., et al., 2019. The American Diabetes Association. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. *Diabetes Care* 1–24. doi:10.2337/dci19-0014/-/DC1.This

Fahmida, U., Pramesthi, I.L., & Kusuma, S., 2020. Linear Programming Approach Using Optifood To Design Food and Nutrient Intervention. SEAMEO RECFON, Jakarta.

Febriani, B., Anggondowati, T., Silalahi, J. V., Fatimah, F., Nurhalimah, N., & Audila, H. 2025. The Benefits of Diabetes Self Management Education (DSME) on Glycemic Control (HBA1C) Among Adult Type 2 Diabetes Mellitus Patients in Southeast Asia: A Systematic Review. *Indonesian Journal of Global Health Research*, 7(4), 295-306

Ferguson, E.L., Darmon, N., Fahmida, U., Fitriyanti, S., Harper, T.B., & Premachandra, I.M., 2006. Design of optimal food-based complementary feeding recommendations and identification of key "problem nutrients" using goal programming. *J. Nutr.* 136: 2399–2404. doi:10.1093/jn/136.9.2399

Ferrario, L., Schettini, F., Avogaro, A., Bellia, C., Bertuzzi, F., Bonetti, G., et al., 2021. Glycated Albumin for Glycemic Control in T2DM Population: A Multi-Dimensional Evaluation. *Clin. Outcomes Res.* Volume 13: 453–464. doi:10.2147/CEOR.S304868

Fertman, C., & Allensworth, D., 2010. Health Promotion Programs From Theory to Practice. Jossey Bass, United state of America.

Franz, M.J., Boucher, J.L., & Evert, A.B., 2014. Evidence-based diabetes nutrition therapy recommendations are effective: The key is individualization. *Diabetes, Metab. Syndr. Obes. Targets Ther.* 7: 65–72. doi:10.2147/DMSO.S45140

Freitas, P.A.C., Ehlert, L.R., & Camargo, J.L., 2017. Glycated albumin: a potential biomarker in diabetes. *Arch. Endocrinol. Metab.* 61: 296–304. doi:10.1590/2359-3997000000272

Gannon, M.C., & Nuttall, F.Q., 2006. Control of blood glucose in type 2 diabetes without weight loss by modification of diet composition. *Nutr. Metab.* 3: 1–8. doi:10.1186/1743-7075-3-16

Gibson, A., & Sainsbury, A., 2017. Strategies to Improve Adherence to Dietary Weight Loss Interventions in Research and Real-World Settings. *Behav. Sci. (Basel).* 7: 44. doi:10.3390/bs7030044

Giglio, R.V., Sasso, B. Lo, Agnello, L., Bivona, G., Maniscalco, R., Ligi, D., et al., 2020. Recent Updates and Advances in the Use of Glycated Albumin for the Diagnosis and Monitoring of Diabetes and Renal , Cerebro- and Cardio-Metabolic Diseases. *J. Clin. Med* 9: 1–17.

Giuntini, E.B., Sardá, F.A.H., & de Menezes, E.W., 2022. The Effects of Soluble Dietary Fibers on Glycemic Response: An Overview and Futures Perspectives. *Foods* 11: 1–26. doi:10.3390/foods11233934

Gómez-Martínez, S., Díaz-Prieto, L.E., Vicente Castro, I.V., Jurado, C., Iturmendi, N., Martín-Ridaura, M.C., et al., 2021. Moringa oleifera Leaf Supplementation as a Glycemic Control Strategy in Subjects with Prediabetes. *Nutrients* 14: 57. doi:10.3390/nu14010057

Gusnedi, G., Fahmida, U., Witjaksono, F., Nurwidya, F., Mansyur, M., Djuwita, R., et al., 2022. Effectiveness of optimized food-based recommendation promotion to improve nutritional status and lipid profiles among Minangkabau women with dyslipidemia: A cluster-randomized trial. *BMC Public Health* 22: 21. doi:10.1186/s12889-021-12462-5

Gvozdanović, Z., Farčić, N., Placento, H., Lovrić, R., Dujmić, Ž., Jurić, A., et al., 2019. Diet Education as a Success Factor of Glycemia Regulation in Diabetes Patients: A Prospective Study. *Int. J. Environ. Res. Public Health* 16: 4003. doi:10.3390/ijerph16204003

Haas, L., Maryniuk, M., Beck, J., Cox, C.E., Duker, P., Edwards, L., et al., 2014. National standards for diabetes self-management education and support. *Diabetes Care* 37 Suppl 1: 1630–1637. doi:10.2337/dc14-S144

Han, C.Y., Chan, C.G.B., Lim, S.L., Zheng, X., Woon, Z.W., Chan, Y.T., et al., 2020. Diabetes-related nutrition knowledge and dietary adherence in patients with Type 2 diabetes mellitus: A mixed-methods exploratory study. *Proc. Singapore Healthc.* 29: 81–90. doi:10.1177/2010105820901742

Hasan, B., Thompson, W.G., Almasri, J., Wang, Z., Lakis, S., Prokop, L.J., et al., 2019. The effect of culinary interventions (cooking classes) on dietary intake and behavioral change: a systematic review and evidence map. *BMC Nutr.* 5: 29. doi:10.1186/s40795-019-0293-8

Hashim, S.A., Barakatun-Nisak, M.Y., Saad, H.A., Ismail, S., Hamdy, O., & Mansour, A.A., 2020. Association of health literacy and nutritional status assessment with glycemic control in adults with type 2 diabetes mellitus. *Nutrients* 12: 1–14. doi:10.3390/nu12103152

Hashimoto, Y., Hamaguchi, M., & Fukui, M., 2023. Fermented soybean foods and diabetes. *J. Diabetes Investig.* 14: 1329–1340. doi:10.1111/jdi.14088

He, X., Mo, Y., Ma, X., Ying, L., Zhu, W., Wang, Y., et al., 2018. Associations of body mass index with glycated albumin and glycated albumin/glycated hemoglobin A 1c ratio in Chinese diabetic and non-diabetic populations. *Clin. Chim. Acta* 484: 117–121. doi:10.1016/j.cca.2018.05.044

Hite, A.H., Berkowitz, V.G., & Berkowitz, K., 2011. Low-carbohydrate diet review: Shifting the paradigm. *Nutr. Clin. Pract.* 26: 300–308. doi:10.1177/0884533611405791

Hreţcanu, Cristina-elena, & Hreţcanu, Ciprian-ionel, 2010. A linear programming model for a diet problem. *J. Food Environ. Saf. Suceava Univ.* 56–63.

Hu, F., & Manson, J., 2001. Diet, lifestyle, and the risk of type 2 diabetes mellitus in women. *… Engl. J. …* 345: 790–797.

Ibrahim, N., Moy, F.M., Attikah, I., Awalludin, N., & Ali, Z.M., 2016. Effects of a Community-Based Healthy Lifestyle Intervention Program (Co-HELP) among Adults with Prediabetes in a Developing Country : A Quasi-Experimental Study 1–21. doi:10.1371/journal.pone.0167123

International Diabetes Federation, 2019. IDF DIABETES ATLAS Ninth edition 2019.

Ismail, A., & Namala, R., 2000. Impaired glucose tolerance in vitamin d deficiency can be corrected by calcium. *J. Nutr. Biochem.* 11: 170–175. doi:10.1016/S0955-2863(99)00090-X

Jafarnejad, S., Mahboobi, S., McFarland, L. V., Taghizadeh, M., & Rahimi, F., 2019. Meta-analysis: Effects of zinc supplementation alone or with multi-nutrients, on glucose control and lipid levels in patients with type 2 diabetes. *Prev. Nutr. Food Sci.* 24: 8–23. doi:10.3746/pnf.2019.24.1.8

Jamka, M., Kulczyński, B., Juruć, A., Gramza-Michałowska, A., Stokes, C.S., & Walkowiak, J., 2020. The Effect of the Paleolithic Diet vs. Healthy Diets on Glucose and Insulin Homeostasis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *J. Clin. Med.* 9: 296. doi:10.3390/jcm9020296

Jankowska-Polańska, B., Świątoniowska-Lonc, N., Sławuta, A., Krówczyńska, D., Dudek, K., & Mazur, G., 2020. Patient-Reported Compliance in older age patients with chronic heart failure. *PLoS One* 15: e0231076. doi:10.1371/journal.pone.0231076

Jaworski, M., Panczyk, M., Cedro, M., & Kucharska, A., 2018. Adherence to dietary recommendations in diabetes mellitus: Disease acceptance as a potential mediator. *Patient Prefer. Adherence* 12: 163–174. doi:10.2147/PPA.S147233

Jenkins, B.J., Seyssel, K., Chiu, S., Pan, P.H., Lin, S.Y., Stanley, E., et al., 2017. Odd Chain Fatty Acids; New Insights of the Relationship between the Gut Microbiota, Dietary Intake, Biosynthesis and Glucose Intolerance. *Sci. Rep.* 7: 1–8. doi:10.1038/srep44845

Jing, T., Zhang, S., Bai, M., Chen, Z., Gao, S., Li, S., et al., 2023. Effect of Dietary Approaches on Glycemic Control in Patients with Type 2 Diabetes: A Systematic Review with Network Meta-Analysis of Randomized Trials. *Nutrients* 15: 3156. doi:10.3390/nu15143156

Joo, J. Y., & Liu, M. F. 2021. Experience of culturally-tailored diabetes interventions for ethnic minorities: a qualitative systematic review. *Clinical Nursing Research*, 30(3), 253-262.

Kannaiyan, S.K., Bagthasingh, C., Vetri, V., Aran, S.S., & Venkatachalam, K., 2019. Nutritional, textural and quality attributes of white and dark muscles of little tuna (Euthynnus affinis). *Indian J. Geo-Marine Sci.* 48: 205–211.

Kashyap, P., Kumar, S., Riar, C.S., Jindal, N., Baniwal, P., Guiné, R.P.F., et al., 2022. Recent Advances in Drumstick (Moringa oleifera) Leaves Bioactive Compounds: Composition, Health Benefits, Bioaccessibility, and Dietary Applications. *Antioxidants* 11: 402. doi:10.3390/antiox11020402

Kemenkes RI, 2018. Hasil Utama Riskesdas 2018.

Kementerian Kesehatan RI, 2020. Infodatin- Tetap produktif, Cegah dan Atasi Diabetes Melitus.

Khashim, S., & Rajikan, R., 2019. Development and Acceptance of Healthy and Balanced Diet for Diabetes Mellitus Patients among UKM Staff Using Linear Programming. *Pakistan J. Nutr.* 18: 571–578. doi:10.3923/pjn.2019.571.578

Kim, C., Bullard, K.M., Herman, W.H., & Beckles, G.L., 2010. Association Between Iron Deficiency and A1C Levels Among Adults Without Diabetes in the National Health and Nutrition Examination Survey, 1999-2006. *Diabetes Care* 33: 780–785. doi:10.2337/dc09-0836

Kirkpatrick, C.F., Bolick, J.P., Kris-Etherton, P.M., Sikand, G., Aspry, K.E., Soffer, D.E., et al., 2019. Review of current evidence and clinical recommendations on the effects of low-carbohydrate and very-low-carbohydrate (including

ketogenic) diets for the management of body weight and other cardiometabolic risk factors: A scientific statement from the Nati. *J. Clin. Lipidol.* 13: 689-711.e1. doi:10.1016/j.jacl.2019.08.003

Kirkpatrick, D.L., & Kirkpatrick, J.D., 2006. Evaluating Training Programs, Third edit. ed. Berrett-Koehler publishers, San Francisco.

Klonoff, D.C., 2009. The beneficial effects of a paleolithic diet on type 2 diabetes and other risk factors for cardiovascular disease. *J. Diabetes Sci. Technol.* 3: 1229–1232. doi:10.1177/193229680900300601

Knuth ER, Foster HR, Jin E, Ekstrand MH, Knudsen JG, Merrins MJ. Leucine Suppresses α-Cell cAMP and Glucagon Secretion via a Combination of Cell-Intrinsic and Islet Paracrine Signaling. Diabetes. 2024 Sep 1;73(9):1426-1439. doi: 10.2337/db23-1013. PMID: 38870025; PMCID: PMC11333377.

Kobayashi, M., Miura, T., Miura, K., Hiroyama, N., & Akashi, K., 2020. Effect of a moderate carbohydrate-restricted diet on dpp-4 inhibitor action among individuals with type 2 diabetes mellitus: A 6-month intervention study. *J. Nutr. Sci. Vitaminol. (Tokyo).* 66: 114–118. doi:10.3177/jnsv.66.114

Koga, M., & Kasayama, S., 2010. Clinical impact of glycated albumin as another glycemic control marker 57: 751–762.

Kohzuma, T., Ph, D., Yamamoto, T., Uematsu, Y., Shihabi, Z.K., Ph, D., et al., 2011. Basic Performance of an Enzymatic Method for Glycated Albumin and Reference Range Determination 5: 1455–1462.

Komalyna, I.N.T., Sulistyowati, E., & Kristianto, Y., 2016. Food Energy Density In Relation To The Occurrence Of Type 2 Diabetes Mellitus On People In Malang City 5: 1–11.

Kovásznai, G., 2011. Developing an expert system for diet recommendation. *SACI 2011 - 6th IEEE Int. Symp. Appl. Comput. Intell. Informatics, Proc.* 505–509. doi:10.1109/SACI.2011.5873056

Lăcătușu, C.M., Grigorescu, E.D., Floria, M., Onofriescu, A., & Mihai, B.M., 2019. The mediterranean diet: From an environment-driven food culture to an emerging medical prescription. *Int. J. Environ. Res. Public Health* 16. doi:10.3390/ijerph16060942

Laili, N.R., Dewi, Y.S., & Wahyuni, E.D., 2019. EDUKASI DENGAN PENDEKATAN PRINSIP DIABETES SELF MANAGEMENT EDUCATION (DSME) MENINGKATKAN PERILAKU KEPATUHAN DIET PADA PENYANDANG DIABETES MELLITUS TIPE 2. *Crit. Med. Surg. Nurs. J.* 1. doi:10.20473/cmsnj.v1i1.11927

Landa-Anell, M.V., Melgarejo-Hernández, M.A., García-Ulloa, A.C., Del Razo-Olvera, F.M., Velázquez-Jurado, H.R., & Hernández-Jiménez, S., 2020. Barriers to adherence to a nutritional plan and strategies to overcome them in patients with type 2 diabetes mellitus; results after two years of follow-up. *Endocrinol. Diabetes y Nutr. (English ed.)* 67: 4–12. doi:10.1016/j.endien.2020.01.004

Lasa, A., Miranda, J., Bulló, M., Casas, R., Salas-Salvadó, J., Larretxi, I., et al., 2014. Comparative effect of two Mediterranean diets versus a low-fat diet on glycaemic control in individuals with type 2 diabetes. *Eur. J. Clin. Nutr.* 68: 767–772. doi:10.1038/ejcn.2014.1

Lejeune, M.P., Westerterp, K.R., Adam, T.C., Luscombe-Marsh, N.D., & Westerterp-Plantenga, M.S., 2006. Ghrelin and glucagon-like peptide 1 concentrations, 24-h satiety, and energy and substrate metabolism during a high-protein diet and measured in a respiration chamber. *Am. J. Clin. Nutr.*

83: 89–94. doi:10.1093/ajcn/83.1.89

Levesque, S., Delisle, H., & Agueh, V., 2015. Contribution to the development of a food guide in Benin: Linear programming for the optimization of local diets. *Public Health Nutr.* 18: 622–631. doi:10.1017/S1368980014000706

Liubaoerjijin, Y., Terada, T., Fletcher, K., & Boulé, N.G., 2016. Effect of aerobic exercise intensity on glycemic control in type 2 diabetes: a meta-analysis of head-to-head randomized trials. *Acta Diabetol.* 53: 769–781. doi:10.1007/s00592-016-0870-0

Maktabi, M., Jamilian, M., Amirani, E., Chamani, M., & Asemi, Z., 2018. The effects of magnesium and vitamin e co-supplementation on parameters of glucose homeostasis and lipid profiles in patients with gestational diabetes. *Lipids Health Dis.* 17: 1–6. doi:10.1186/s12944-018-0814-5

Malaeb, S., Bakker, C., Chow, L.S., & Bantle, A.E., 2019. High-Protein Diets for Treatment of Type 2 Diabetes Mellitus: A Systematic Review. *Adv. Nutr.* 10: 621–633. doi:10.1093/advances/nmz002

Mariotti, F., & Gardner, C.D., 2019. Dietary protein and amino acids in vegetarian diets—A review. *Nutrients* 11: 1–19. doi:10.3390/nu11112661

Marta, H., Cahyana, Y., Djali, M., Arcot, J., & Tensiska, T., 2019. A comparative study on the physicochemical and pasting properties of starch and flour from different banana (Musa spp.) cultivars grown in Indonesia. *Int. J. Food Prop.* 22: 1562–1575. doi:10.1080/10942912.2019.1657447

McElfish, P.A., Bridges, M.D., Hudson, J.S., Purvis, R.S., Bursac, Z., Kohler, P.O., et al., 2015. Family Model of Diabetes Education With a Pacific Islander Community. *Diabetes Educ.* 41: 706–715. doi:10.1177/0145721715606806

McRae, M.P., 2018. Dietary Fiber Intake and Type 2 Diabetes Mellitus: An Umbrella Review of Meta-analyses. *J. Chiropr. Med.* 17: 44–53. doi:10.1016/j.jcm.2017.11.002

Melnik, B.C., 2012. Leucine signaling in the pathogenesis of type 2 diabetes and obesity. *World J. Diabetes* 3: 38. doi:10.4239/wjd.v3.i3.38

Mithun Mohan, K., & Poonkuzhali, S., 2017. A Diet Suggestion System for Diabetic Patients Based on Linear Programming 6: 465–468.

Mohammed, A.S., Adem, F., Tadiwos, Y., Woldekidan, N.A., & Degu, A., 2020. Level of Adherence to the Dietary Recommendation and Glycemic Control Among Patients with Type 2 Diabetes Mellitus in Eastern Ethiopia: A Cross-Sectional Study. *Diabetes, Metab. Syndr. Obes. Targets Ther.* Volume 13: 2605–2612. doi:10.2147/DMSO.S256738

Mohammed, M.A., & Sharew, N.T., 2019. Adherence to dietary recommendation and associated factors among diabetic patients in ethiopian teaching hospitals. *Pan Afr. Med. J.* 33: 1–11. doi:10.11604/pamj.2019.33.260.14463

Molavynejad, S., Miladinia, M., & Jahangiri, M., 2022. A randomized trial of comparing video telecare education vs. in-person education on dietary regimen compliance in patients with type 2 diabetes mellitus: a support for clinical telehealth Providers. *BMC Endocr. Disord.* 22: 116. doi:10.1186/s12902-022-01032-4

Monjiote, D.P., Leo, E.E.M., & Campos, M.R.S., 2017. Functional and Biological Potential of Bioactive Compounds in Foods for the Dietary Treatment of Type 2 Diabetes Mellitus. *Funct. Food - Improv. Heal. through Adequate Food*. doi:10.5772/intechopen.68788

Mustofa, M.A., 2016. Hubungan Nilai Glycemic Load (Beban Glikemik) Terhadap Kadar GD2JPP Pasien Rawat Jalan Penyandang Diabetes Melitus Tipe 2 di

Puskesmas Janti Kota Malang. Universitas Brawijaya.

National Institute of Healthcare and Excellence, 2011. Type 2 diabetes prevention: population and community-level interventions. *Nice* 87.

Nketia, R., & Adobasom-Anane, A.G., 2022. Association Between Nutritional Knowledge and Dietary Compliance among Type 2 Diabetes Mellitus Patients at the Bono Regional Hospital, Sunyani, Ghana. *Int. J. Multidiscip. Stud. Innov. Res.* 10: 1397–1418. doi:10.53075/ljmsirq/6867556758

Nunthanawanich P, Sompong W, Sirikwanpong S, Mäkynen K, Adisakwattana S, Dahlan W, Ngamukote S. 2016. Moringa oleifera aqueous leaf extract inhibits reducing monosaccharide-induced protein glycation and oxidation of bovine serum albumin. *Springerplus*. Jul 16;5(1):1098. doi: 10.1186/s40064-016-2759-3.

Nur Afifa, M., Wasita, B., & Nuhriawangsa, A.M.P., 2021. Effects of *Kepok* Banana Flour on Glucose Level and Physical Performance in Type 2 Diabetic Rats. *Adv. Mater. Res.* 1162: 137–143. doi:10.4028/www.scientific.net/AMR.1162.137

Nutland, W., & Wiggins, M., 2015. Monitoring and evaluating health promotion interventions and programmes, in: Nutland, W., & Cragg, L. (Eds.), Health Promotion Practice. Open University Press, England.

Ojo, Omorogieva, Ojo, Osarhumwese, Adebowale, F., & Wang, X.-H., 2018. The Effect of Dietary Glycaemic Index on Glycaemia in Patients with Type 2 Diabetes: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Nutrients* 10: 373. doi:10.3390/nu10030373

Palupi, H.T., Estiasih, T., Yunianta, & Sutrisno, A., 2022. Physicochemical and protein characterization of lima bean (Phaseolus lunatus L) seed. *Food Res.* 6: 168–177. doi:10.26656/fr.2017.6(1).107

Pamungkas, R.A., & Chamroonsawasdi, K., 2020. Self-management based coaching program to improve diabetes mellitus self-management practice and metabolic markers among uncontrolled type 2 diabetes mellitus in Indonesia: A quasi-experimental study. *Diabetes Metab. Syndr. Clin. Res. Rev.* 14: 53–61. doi:10.1016/j.dsx.2019.12.002

Pamungkas, R.A., & Chamroonsawasdi, K., 2019. HbA1c reduction and weight-loss outcomes: a systematic review and meta-analysis of community-based intervention trials among patients with type 2 diabetes mellitus. *Int. J. Diabetes Dev. Ctries.* 39: 394–407. doi:10.1007/s13410-018-0708-0

Pamungkas, R.A., Chamroonsawasdi, K., Vatanasomboon, P., & Charupoonphol, P., 2019. Barriers to Effective Diabetes Mellitus Self-Management (DMSM) Practice for Glycemic Uncontrolled Type 2 Diabetes Mellitus (T2DM): A Socio Cultural Context of Indonesian Communities in West Sulawesi. *Eur. J. Investig. Heal. Psychol. Educ.* 10: 250–261. doi:10.3390/ejihpe10010020

Pan, B., Ge, L., Xun, Y. qin, Chen, Y. jing, Gao, C. yun, Han, X., et al., 2018. Exercise training modalities in patients with type 2 diabetes mellitus: A systematic review and network meta-analysis. *Int. J. Behav. Nutr. Phys. Act.* 15: 1–14. doi:10.1186/s12966-018-0703-3

Parker, L., Shaw, C.S., Stepto, N.K., & Levinger, I., 2017. Exercise and glycemic control: Focus on redox homeostasis and redox-sensitive protein signaling. *Front. Endocrinol. (Lausanne).* 8. doi:10.3389/fendo.2017.00087

Parlesak, A., Tetens, I., Dejgård Jensen, J., Smed, S., Gabrijelčič Blenkuš, M., Rayner, M., et al., 2016. Use of Linear Programming to Develop Cost-Minimized Nutritionally Adequate Health Promoting Food Baskets. *PLoS One*

11: e0163411. doi:10.1371/journal.pone.0163411

Pawlak, R., 2017. Vegetarian diets in the prevention and management of diabetes and its complications. *Diabetes Spectr.* 30: 82–88. doi:10.2337/ds16-0057

Pfeiffer, A.F.H., Pedersen, E., Schwab, U., Ris, U., & Aas, A., 2020. The Effects of Different Quantities and Qualities of Protein Intake in People with Diabetes Mellitus 1–12.

Pinchevsky, Y., Butkow, N., Raal, F.J., Chirwa, T., & Rothberg, A., 2020. Demographic and clinical factors associated with development of type 2 diabetes: A review of the literature. *Int. J. Gen. Med.* 13: 121–129. doi:10.2147/IJGM.S226010

Powers MA, Bardsley J, Cypress M, Duker P, Funnell MM, Fischl AH, Maryniuk MD, Siminerio L, Vivian E. 2016. Diabetes Self-management Education and Support in Type 2 Diabetes: A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. Clin Diabetes. Apr;34(2):70-80. doi: 10.2337/diaclin.34.2.70. PMID: 27092016; PMCID: PMC4833481.

Purwitaningtyas, R.Y., Putra, I.W.G.A.E., & Wirawan, D.N., 2015. Faktor Risiko Kendali Glikemik Buruk pada Penyandang Diabetes Melitus Tipe 2 di Puskesmas Kembiritan Kabupaten Banyuwangi. *Public Heal. Prev. Med. Arch.* 3: 66–71. doi:10.15562/phpma.v3i1.90

Purwitasari, I.D., 2016. Hubungan Jumlah Konsumsi Sayur dan Buah Terhadap Kendali Glukosa Darah pada Pasien Diabetes Mellitus Tipe 2 di Puskesmas Janti Kota Malang. Universitas Brawijaya.

Ratnasari, I., Ngadiarti, I., & Ahmad, L.F., 2022. Application of Diabetes Self-Management Education and Support in Outpatients with Type II DM. *Media Gizi Indones.* 17: 43. doi:10.20473/mgi.v17i1.43-50

Raubenheimer, D., Rothman, J.M., Pontzer, H., & Simpson, S.J., 2014. Macronutrient contributions of insects to the diets of hunter–gatherers: A geometric analysis. *J. Hum. Evol.* 71: 70–76. doi:10.1016/j.jhevol.2014.02.007

Ravaghi, H., Guisset, AL., Elfeky, S. *et al.* 2023. A scoping review of community health needs and assets assessment: concepts, rationale, tools and uses. *BMC Health Serv Res* **23**, 44. https://doi.org/10.1186/s12913-022-08983-3

Riani, DA., Ikawati, Z., Kritina SA. 2017. Validasi 8-Item Morisky Medication Adherence Scale Versi Indonesia Pada Pasien Hipertensi Dewasa Di Puskesmas Kabupaten Sleman Dan Kota Yogyakarta. *Tesis.* Universitas Gadjah Mada

Rusdiana, Savira, M., & Amelia, R., 2018. The Effect of Diabetes Self-Management Education on Hba1c Level and Fasting Blood Sugar in Type 2 Diabetes Mellitus Patients in Primary Health Care in Binjai City of North Sumatera, Indonesia. *Open Access Maced. J. Med. Sci.* 6: 715–718. doi:10.3889/oamjms.2018.169

Saffari, M., Ghanizadeh, G., & Koenig, H.G., 2014. Health education via mobile text messaging for glycemic control in adults with type 2 diabetes: A systematic review and meta-analysis. *Prim. Care Diabetes* 8: 275–285. doi:10.1016/j.pcd.2014.03.004

Sattar, N., Rawshani, Araz, Franzén, S., Rawshani, Aidin, Svensson, A.M., Rosengren, A., et al., 2019. Age at Diagnosis of Type 2 Diabetes Mellitus and Associations With Cardiovascular and Mortality Risks: Findings From the

Swedish National Diabetes Registry. *Circulation* 139: 2228–2237. doi:10.1161/CIRCULATIONAHA.118.037885

Schwartz, S., 2016. TheTimeIsRightforaNew Classification System for Diabetes: Rationale and Implications of the b-Cell–Centric Classification Schema.

Schwingshackl, L., Chaimani, A., Hoffmann, G., Schwedhelm, C., & Boeing, H., 2018. A network meta-analysis on the comparative efficacy of different dietary approaches on glycaemic control in patients with type 2 diabetes mellitus. *Eur. J. Epidemiol.* 33: 157–170. doi:10.1007/s10654-017-0352-x

Shimizu, I., Kohzuma, T., & Koga, M., 2019. A proposed glycemic control marker for the future: glycated albumin. *J. Lab. Precis. Med.* 4: 23–23. doi:10.21037/jlpm.2019.05.01

Sinha, S., Haque, M., Lugova, H., & Kumar, S., 2023. The Effect of Omega-3 Fatty Acids on Insulin Resistance. *Life* 13: 1322. doi:10.3390/life13061322

Smith, E.S., Smith, H.A., Betts, J.A., Gonzalez, J.T., & Atkinson, G., 2020. A Systematic Review and Meta-Analysis Comparing Heterogeneity in Body Mass Responses Between Low-Carbohydrate and Low-Fat Diets. *Obesity*. doi:10.1002/oby.22968

Snelling, A., 2014. Program Planning Models, in: Snelling, A. (Ed.), Introduction to Health Promotion. Jossey-Bass A Wiley Brand, United State of America.

Snorgaard, O., Poulsen, G.M., Andersen, H.K., & Astrup, A., 2017. Systematic review and meta-analysis of dietary carbohydrate restriction in patients with type 2 diabetes. *BMJ Open Diabetes Res. Care* 5. doi:10.1136/bmjdrc-2016-000354

Sochol, K.M., Johns, T.S., Buttar, R.S., Randhawa, L., Sanchez, E., Gal, M., et al., 2019. The effects of dairy intake on insulin resistance: A systematic review and meta-analysis of randomized clinical trials. *Nutrients* 11: 1–20. doi:10.3390/nu11092237

Soelistijo, S., Lindarto, D., Decroli, E., Permana, H., Sucipto, K.W., Kusnadi, Y., et al., 2021. Pedoman Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 Dewasa di Indonesia 2021, PB PERKENI.

Soelistijo, S.A., Lindarto, D., Decroli, E., Permana, H., Sucipto, K.W., Kusnadi, Y., et al., 2019. Pedoman pengelolaan dan pencegahan diabetes melitus tipe 2 dewasa di Indonesia 2019. *Perkumpulan Endokrinol. Indones.* 1–117.

Srikaeo, K., & Sangkhiaw, J., 2014. Effects of amylose and resistant starch on glycaemic index of rice noodles. *LWT - Food Sci. Technol.* 59: 1129–1135. doi:10.1016/j.lwt.2014.06.012

Stach, K., Stach, W., & Augoff, K., 2021. Vitamin B6 in Health and Disease. *Nutrients* 13: 3229. doi:10.3390/nu13093229

Stanojević, V., Jevtić, M., Mitrović, M., Panajotović, M., Aleksić, A., & Stanojević, Č., 2022. Relationship and influences of behavioral and psychological factors on metabolic control of patients with type 2 diabetes mellitus. *Vojnosanit. Pregl.* 79: 1177–1185. doi:10.2298/VSP211011104S

Su, H., Chen, W., Lu, J., Chao, H., Liang, Y., Haruka, S., et al., 2023. The effects of using Tempeh as a supplement for type 2 diabetes. *Food Sci. Nutr.* 11: 3339–3347. doi:10.1002/fsn3.3319

Sugiharto, S., & Hsu, Y., 2020. Does Vegetarian Diet Affect on Glycemic Control ? A Systematic Review and Meta-Analysis Study selection 0966. doi:10.36349/easjnm.2020.v02i02.005

Sun, W., Yang, J., Wang, W., Hou, J., Cheng, Y., Fu, Y., et al., 2018. The beneficial effects of Zn on Akt-mediated insulin and cell survival signaling pathways in

diabetes. *J. Trace Elem. Med. Biol.* 46: 117–127. doi:10.1016/j.jtemb.2017.12.005

Sunarti, 2017. Serat Pagan dalam Penanganan sindrom metabolik. UGM press, Yogyakarta.

Teich, T., Zaharieva, D.P., & Riddell, M.C., 2019. Advances in Exercise, Physical Activity, and Diabetes Mellitus. *Diabetes Technol. Ther.* 21: S112–S122. doi:10.1089/dia.2019.2509

Thind, H., Lantini, R., Balletto, B.L., Donahue, M.L., Salmoirago-Blotcher, E., Bock, B.C., et al., 2017. The effects of yoga among adults with type 2 diabetes: A systematic review and meta-analysis. *Prev. Med. (Baltim).* 105: 116–126. doi:10.1016/j.ypmed.2017.08.017

Thomas DE, Elliott EJ. 2010. The use of low-glycaemic index diets in diabetes control. *Br J Nutr*. Sep;104(6):797-802.

Tramunt, B., Smati, S., Grandgeorge, N., Lenfant, F., Arnal, J.F., Montagner, A., et al., 2020. Sex differences in metabolic regulation and diabetes susceptibility. *Diabetologia* 63: 453–461. doi:10.1007/s00125-019-05040-3

Tritisari, K.P., Ariestiningsih, A.D., Handayani, D., & Kusumastuty, I., 2018. The Relationship Among Four Pillars of Diabetes Mellitus Management with Blood Glucose Levels and Nutritional Status in Middle-Aged Diabetic Adults. *Res. J. Life Sci.* 5: 23–34. doi:10.21776/ub.rjls.2018.005.01.3

Upsher, R., Onabajo, D., Stahl, D., Ismail, K., & Winkley, K., 2021. The Effectiveness of Behavior Change Techniques Underpinning Psychological Interventions to Improve Glycemic Levels for Adults With Type 2 Diabetes: A Meta-Analysis. *Front. Clin. Diabetes Healthc.* 2. doi:10.3389/fcdhc.2021.699038

Urrutia, J.D., Mercado, J., & Tampis, R.L., 2017. Minimization of Food Cost on 2000-Calorie Diabetic Diet. *J. Phys. Conf. Ser.* 820: 012002. doi:10.1088/1742-6596/820/1/012002

Usefi, S., Davoodi, F., Alizadeh, A. *et al.* 2024. Online diabetes self-management education application for reducing glycated hemoglobin level among patients with type 1 diabetes mellitus: a systematic review and meta-analysis. *Clin Diabetes Endocrinol* **10**, 48. https://doi.org/10.1186/s40842-024-00201-9

Utari, D.M., Kartiko-Sari, I., Kohno, M., & Yamamoto, S., 2022. Textured soybean protein improved level of glycated albumin, LDL–Cholesterol, and protein intake in prediabetes postmenopausal overweight women. *AIMS Agric. Food* 7: 326–340. doi:10.3934/agrfood.2022021

van Dooren, C., 2018. A Review of the Use of Linear Programming to Optimize Diets, Nutritiously, Economically and Environmentally. *Front. Nutr.* 5. doi:10.3389/fnut.2018.00048

Velázquez-López, L., Muñoz-Torres, A.V., García-Peña, C., López-Alarcón, M., Islas-Andrade, S., & Escobedo-de la Peña, J., 2016. Fiber in Diet Is Associated with Improvement of Glycated Hemoglobin and Lipid Profile in Mexican Patients with Type 2 Diabetes. *J. Diabetes Res.* 2016: 1–9. doi:10.1155/2016/2980406

Vidal-Peracho, C., Tricás-Moreno, J.M., Lucha-López, A.C., Lucha-López, M.O., Camuñas-Pescador, A.C., Caverni-Muñoz, A., et al., 2017. Adherence to Mediterranean Diet Pattern among Spanish Adults Attending a Medical Centre: Nondiabetic Subjects and Type 1 and 2 Diabetic Patients. *J. Diabetes Res.* 2017. doi:10.1155/2017/5957821

Vitale, M., Masulli, M., Calabrese, I., Rivellese, A.A., Bonora, E., Signorini, S., et

al., 2018. Impact of a mediterranean dietary pattern and its components on cardiovascular risk factors, glucose control, and body weight in people with type 2 diabetes: A real-life study. *Nutrients* 10. doi:10.3390/nu10081067

Vitale, M., Masulli, M., Cocozza, S., Anichini, R., Babini, A.C., Boemi, M., et al., 2016. Sex differences in food choices, adherence to dietary recommendations and plasma lipid profile in type 2 diabetes – The TOSCA.IT study. *Nutr. Metab. Cardiovasc. Dis.* 26: 879–885. doi:10.1016/j.numecd.2016.04.006

Vlachos D, Malisova S, Lindberg FA, Karaniki G. 2020. Glycemic Index (GI) or Glycemic Load (GL) and Dietary Interventions for Optimizing Postprandial Hyperglycemia in Patients with T2 Diabetes: A Review. *Nutrients*. May 27;12(6):1561. doi: 10.3390/nu12061561. PMID: 32471238; PMCID: PMC7352659.

Vorster, H.H., Love, P., & Browne, C., 2015. Vorster HH , Love P , Browne C . Development of Food-Based Dietary Guidelines for South Africa – The Process . South African Journal of Clinical Nutrition A RTICLES D EVELOPMENT OF FOOD-BASED DIETARY GUIDELINES FOR S OUTH A FRICA – THE PROCESS 2001.

Wang, L.L., Wang, Q., Hong, Y., Ojo, O., Jiang, Q., Hou, Y.Y., et al., 2018. The effect of low-carbohydrate diet on glycemic control in patients with type 2 diabetes mellitus. *Nutrients* 10. doi:10.3390/nu10060661

Wang, X., Liu, H., Chen, J., Li, Y., & Qu, S., 2015. Multiple factors related to the secretion of glucagon-like peptide-1. *Int. J. Endocrinol.* 2015. doi:10.1155/2015/651757

Watson, N.A., Dyer, K.A., Buckley, J.D., Brinkworth, G.D., Coates, A.M., Parfitt, G., et al., 2018. Comparison of two low-fat diets, differing in protein and carbohydrate, on psychological wellbeing in adults with obesity and type 2 diabetes: A randomised clinical trial. *Nutr. J.* 17: 1–12. doi:10.1186/s12937-018-0367-5

Welters, A., & Lammert, E., 2014. Diabetes Mellitus, in: Metabolism of Human Diseases. Springer Vienna, Vienna, pp. 163–169. doi:10.1007/978-3-7091-0715-7_26

WHO, 2021. Diabetes [WWW Document]. URL https://www.who.int/health-topics/diabetes#tab=tab_1

Wolever, T.M., Zurbau, A., Koecher, K., Au-Yeung, F. 2024. The Effect of Adding Protein to a Carbohydrate Meal on Postprandial Glucose and Insulin Responses: A Systematic Review and Meta-Analysis of Acute Controlled Feeding Trials. *The Journal of Nutrition*, Volume 154, Issue 9, Pages 2640-2654, https://doi.org/10.1016/j.tjnut.2024.07.011.

Zafar, M.I., Mills, K.E., Zheng, J., Regmi, A., Hu, S.Q., Gou, L., et al., 2019. Low-glycemic index diets as an intervention for diabetes: a systematic review and meta-analysis. *Am. J. Clin. Nutr.* 110: 891–902. doi:10.1093/ajcn/nqz149

Zaida, A., 2021. Impact of Covid-19 Pandemic on Food Consumption in Indonesia. *Muhammadiyah Int. Public Heal. Med. Proceeding* 1: 313–320. doi:10.53947/miphmp.v1i1.65

Zhang, Y., & Chu, L., 2018. Effectiveness of Systematic Health Education Model for Type 2 Diabetes Patients. *Int. J. Endocrinol.* 2018. doi:10.1155/2018/6530607

Zheng C, Yin J, Wu L, Hu Z, Zhang Y, Cao L, Qu Y. 2024. Association between depression and diabetes among American adults using NHANES data from

2005 to 2020. *Sci Rep*. Nov 12;14(1):27735. doi: 10.1038/s41598-024-78345-y. Erratum in: Sci Rep. 2025 Jan 30;15(1):3809. doi: 10.1038/s41598-025-87766-2.

Zou, Z., Cai, W., Cai, M., Xiao, M., & Wang, Z., 2016. Influence of the intervention of exercise on obese type II diabetes mellitus: A meta-analysis. *Prim. Care Diabetes* 10: 186–201. doi:10.1016/j.pcd.2015.10.003

Zurbau, A., Noronha, J.C., Khan, T.A. *et al.* 2021. The effect of oat β-glucan on postprandial blood glucose and insulin responses: a systematic review and meta-analysis. *Eur J Clin Nutr* **75**, 1540–1554. https://doi.org/10.1038/s41430-021-00875-9