

ABSTRACT
(LITERATURE REVIEW)

**PURPLE SWEET POTATO (*Ipomoea batatas* L.) AS A
NUTRACEUTICAL SUPPORT FOR DIABETES MELLITUS
PATIENTS**

HAMIMA

*Sweet potato (*Ipomoea batatas* L.) is a source of carbohydrates with a low glycemic index. The purpose of this study was to determine the activity of purple sweet potato as a complementary food for patients with diabetes mellitus. Purple sweet potato has the potential to be used as a functional food ingredient because it contains anthocyanins which have antioxidant activity. Purple sweet potato (*Ipomoea batatas* L.) can lower blood sugar levels and is good for consumption by people with diabetes mellitus as a complementary food because it contains anthocyanins and has antioxidant abilities that can inhibit the work of free radicals and increase secretion. insulin so that it is useful in controlling blood glucose levels.*