     Diabetes mellitus is one of the major health problem for Thailand 's elderly.
The cause of this problem stems partly from inappropriate nutritional
behaviors. The purposes of this study were to investigate nutritional behaviors,
perceived benefits, perceived barriers, and to examine the contribution of
predictive variables on nutritional behaviors of the elderly with diabetes
mellitus. The subjects were composed of 120 elderly patients with diabetes
mellitus whose ages were 60 years old and over, who attended at the
diabetic clinic of the Bangphae Hospital, Watpleang Hospital, Photharam
Hospital, and Chombung Crown Prince Hospital. Data were collected through
interviews. The instruments used in the study were a personal data form,
the perceived benefits questionnaire, the perceived barriers questionnaire, and
the nutritional behaviors questionnaire. Data were analyzed by using
percentage, mean, standard deviation, and stepwise multiple regression.

     The results of this study showed that the overall mean of perceived
benefits was at a rather high level ($\overline{X}$ = 3.47, S.D. = 0.34), the overall mean
of perceived barriers was at a rather low level ($\overline{X}$ = 2.48, S.D. = 0.54) and
the overall mean of nutritional behaviors was at a rather good level ($\overline{X}$ =
3.11, S.D. = 0.32). The results of stepwise multiple regression analysis
revealed that perceived benefits, perceived barriers, and educational level
could predict nutritional behaviors of the elderly with diabetes mellitus by
38.3 percent at the statistically significant level of 0.001.

     The recommendation from this study is that nurses should encourage
the elderly with diabetes mellitus to perform appropriate nutritional
behaviors. They also should motivate the patients to understand the benefits
of eating good food and appropriate for diabetic patients.