

UJI DAYA TERIMA, KADAR SERAT DAN PROTEIN VELVA NANAS KELOR DENGAN PENAMBAHAN HAVERMUT SEBAGAI ALTERNATIF KUDAPAN DIABETISI

ABSTRAK

Latar Belakang: Diabetes melitus (DM) tipe 2 paling banyak tersebar di dunia yaitu 90-95%. Konsumsi serat dan protein dapat mengatasi Diabetes. Berdasarkan studi penelitian diketahui havermut dan kelor memiliki kandungan serat dan protein yang tinggi. Sedangkan, berdasarkan studi penelitian *google form* diketahui bahwa sebanyak 82,3% diabetisi memilih nanas menjadi buah yang dipadukan dengan velva. **Tujuan:** dilaksanakan penelitian yaitu untuk mengidentifikasi uji organoleptik, serta analisa kadar serat dan protein berdasarkan hasil uji organoleptik terbaik. **Metode penelitian:** eksperimental terhadap 3 kelompok formulasi Velva Nanas Kelor Dengan Penambahan Havermut dengan formulasi (nanas : kelor bubuk : havermut) sejumlah KN 01 (150 : 15 : 50), KN 02 (150 : 15 : 60), dan KN 03 (150 : 15 : 40). Uji dilakukan secara subyektif dan obyektif dengan uji organoleptik, serta uji laboratorium untuk kadar serat dan protein. **Hasil:** Diabetisi memiliki kebutuhan kalori sebanyak 150 kkal untuk sekali kudapan dengan protein 7,5 g dan serat 2,5 g. Berdasarkan hasil uji velva menunjukkan organoleptik terbaik yakni kode KN 03 dengan nilai rerata 3,38 dengan kadar serat 3,19 g/100 g dan kadar protein 8,68 g/100 g. **Simpulan:** diabetisi dapat mengkonsumsi velva sebanyak 1 cup (100 g) dengan kalori 151,9 kkal per konsumsi kudapan agar dapat mencukupi 10% kebutuhan serat dan protein harian.

Kata Kunci: *Diabetes, Velva, Havermut, Kudapan, Nanas, Kelor*

ACCEPTABILITY TEST, FIBER AND PROTEIN LEVELS PINEAPPLE MORINGA VELVA WITH ADDITION OF OATMEAL AS ALTERNATIVE DIABETIC SNACKS

ABSTRACT

Background: Type 2 diabetes mellitus (DM) is the most widespread in the world, which is 90-95%. Consumption of fiber and protein can overcome diabetes. Based on research studies, it is known that oatmeal and moringa have high fiber and protein content. Meanwhile, based on a research study on Google Forms, it is known that as many as 82.3% of people with diabetes choose pineapple as a fruit combined with velva. **Purpose:** carried out research to identify organoleptic tests, as well as analysis of fiber and protein content based on the results of the best organoleptic tests. **Research method:** experimental on 3 groups of Velva Pineapple Moringa with Addition of Oatmeal by formulation (pineapple : moringa powder : oatmeal) amount KN 01 (150 : 15 : 50), KN 02 (150 : 15 : 60), and KN 03 (150 : 15 : 40). Tests were carried out subjectively and objectively with organoleptic tests, as well as laboratory tests for fiber and protein content. **Results:** People with diabetes have a caloric requirement of 150 kcal for one snack with 7.5 g protein and 2.5 g fiber. Based on the results of the Velva test, the best organoleptic was KN code 03 with an average value of 3.38 with a fiber content of 3.19 g/100 g and a protein content of 8.68 g/100 g. **Conclusion:** people with diabetes can consume 1 cup (100 g) of velva with calories of 151.9 kcal per snack consumption in order to meet 10% of daily fiber and protein needs.

Keywords: *Diabetes, Velva, Oatmeal, Snack, Pineapple, Moringa*