

**UJI DAYA TERIMA DAN KADAR ANTIOKSIDAN
(POLIFENOL) FORMULA MINUMAN *GRAPE JELLY BOBA
CHIA SEED* SEBAGAI MINUMAN POTENSIAL BAGI PENDERITA
JANTUNG KORONER**

ABSTRAK

Latar Belakang: Di Indonesia, penyakit jantung koroner adalah penyakit kardiovaskular yang paling sering terjadi. Penyakit ini disebabkan oleh penyempitan, penyumbatan, atau kelainan pada arteri koroner, yang berfungsi mengalirkan darah ke otot jantung. Ketika arteri ini terganggu, aliran darah ke jantung bisa terhenti, menyebabkan masalah serius pada kesehatan jantung. Dengan demikian, memilih pola makan yang kaya akan sayuran dan buah-buahan dapat menjadi bagian penting dari strategi pencegahan dan manajemen penyakit jantung serta penyakit kardiovaskular lainnya. Antioksidan telah terbukti memiliki kemampuan untuk membantu melawan berbagai penyakit, termasuk penyakit degeneratif yang sulit diatasi. Anggur kaya akan senyawa polifenol resveratrol, yang memiliki manfaat dalam mencegah kanker usus besar, kanker prostat, penyakit jantung koroner, dan penyakit saraf degeneratif. **Tujuan:** Mengidentifikasi daya terima dan kadar aktivitas antioksidan minuman *grape Jelly boba Chia Seed* sebagai minuman potensial bagi penderita jantung koroner. **Metode:** perlakuan uji organoleptik terdapat 1 bentuk formula kontrol dan 2 bentuk formula modifikasi dengan formulasi berikut F1 (kontrol) perbandingan antara *Brown sugar*, Susu *Full Cream*, Tepung tapioka, Teh sebesar (45:70:15:30) F2 perbandingan antara anggur merah, susu *skim*, tepung gandum, *chia seed* sebesar (100:50:7:3) F3 perbandingan antara anggur merah, susu *skim*, tepung gandum, *chia seed* sebesar (80:70:6:4). **Hasil:** berdasarkan sifat organoleptik, minuman *Grape Jelly Boba* yang paling disukai oleh panelis yaitu F2 dengan formulasi anggur merah, susu *skim*, tepung gandum, *chia seed* (100:50:7:3). Rerata kadar antioksidan tertinggi pada formula minuman *Grape Jelly Boba Chia Seed* yaitu sampel F2 sebesar 75,04%. **Kesimpulan:** berdasarkan sifat organoleptik, minuman *Grape Jelly Boba Chia Seed* yang paling disukai oleh panelis yaitu F2 dengan rerata kadar antioksidan sebesar 75,04%. **Saran:** Bagi penderita Jantung koroner dapat mengkonsumsi minuman *Grape Jelly Boba Chia Seed* 1 porsi yaitu 100 ml per hari untuk menurunkan kadar kolesterol dalam darah.

Kata Kunci : Antioksidan, Polifenol, *Grape, Jelly ,Boba, Chia Seed* , Jantung Koroner

**TEST ACCEPTANCE AND ANTIOXIDANT CONTENT
(POLYPHENOLS) GRAPE JELLY BOBA DRINK FORMULA
CHIA SEED AS A POTENTIAL BEVERAGE FOR
CORONARY HEART DISEASE**

ABSTRACT

Background: In Indonesia, coronary heart disease is the most common cardiovascular disease. most common cardiovascular disease. This disease is caused by narrowing, blockage, or abnormalities in the coronary arteries, which carry blood to the heart muscle. abnormalities in the coronary arteries. When these arteries are compromised, blood flow to the heart can be stopped, causing serious problems with heart health. Thus, choosing a diet rich in vegetables and fruits can be an important part of a heart disease prevention and management strategy. of prevention and management strategies for heart disease and other and other cardiovascular diseases. Antioxidants have been shown to have the ability to help fight various diseases, including intractable degenerative diseases. Grapes are rich in the polyphenol compound resveratrol, which has benefits in preventing colon cancer, prostate cancer, coronary heart disease and neurodegenerative diseases. coronary heart disease, and degenerative neurological diseases. **Purpose:** To identify the acceptability and antioxidant activity levels of *Grape Jelly Boba Chia Seed* drink as a potential drink for coronary heart disease sufferers. **Method:** organoleptic test treatment, there is 1 form of control formula and 2 forms of modified formula with the following formulation F1 (control) comparison between Brown sugar, Full Cream Milk, Tapioca Flour, Tea is (45:70:15:30) F2 comparison between red wine , skim milk, wheat flour, *chia seeds* are (100:50:7:3) F3 ratio between red wine, skim milk, wheat flour, *chia seeds* is (80:70:6:4). **Results:** based on organoleptic properties, the *Grape Jelly Boba Chia Seed* drink most preferred by the panelists was F2 with the formulation of red wine, skim milk, wheat flour, *chia seeds* (100:50:7:3). The highest average antioxidant content in the *Grape Jelly Boba Chia Seed* drink formula was sample F2, which was 75.04%. **Conclusion:** based on organoleptic properties, the *Grape Jelly Boba Chia Seed* drink most preferred by the panelists is F2 with an average antioxidant content of 75.04%. **Suggestion:** For people with coronary heart disease, you can consume 1 portion of *Grape Jelly Boba Chia Seed* drink, namely 100 ml per day to reduce cholesterol levels in the blood.

Keywords: *Antioxidants, Polyphenols, Grape, Jelly, Boba, Chia Seed, Coronary Heart Disease*