

Okara flour substitution cake as a high fiber alternative snacks

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Degenerative disease is classified as non-contagious disease which take place in chronic case such as heart disease, hypertension, diabetes, obesity, etc. According to data form Riskesdas in 2018 the prevalence of degenerative disease arose in 2018. One of factor that trigger degenerative disease is non-healthy dietary habit such as less the lack of consumption of dietary fiber. Consumption of dietary fiber source in Indonesia is classified very low from national prevalence lack consumption of vegetables and fruits in resident with age $\geq 5^{\text{th}}$ by 95,5% (Kemenkes RI, 2018). The aim of this study was to examine the manufacture of cake product from okara flour as a high fiber for snacks. The design used was Complete Randomized Design (CRD), utilize 5 formulations with 5 repetitions. Proportion of okara flour: wheat flour in this research is P1= 10%:90%, P2=20%:80%, P3=30%:70%, P4=40%:60% and P5=50%:50%. Based on the result of the study, highest dietary fiber in the cake product was in formulation 5 by 7,36%, while the highest swell in cake product was in formulation 1 by 56,75%. Optimum treatment in this research is formulation 2 with proportion 20% okara flour: 80% wheat flour. Hedonic test result optimum treatment to the cake with highest percentage, i.e., taste 60% suit, color 44% neutral, aroma 52% neutral, texture 45% neutral and pore density 54% suit. Chemistry test result the cake with optimum treatment contain 8,56% protein, fat 16,2%, carbohydrates 36,85%, and dietary fiber 3,11%. Based regulation from BPOM, dietary fiber content under the optimum treatment can't be categorized as high fiber product, instead source fiber product.

Keywords: Degenerative Disease, Dietary Fiber, Cake