

A Study On Making Steamed Sponges Cake With The Addition Of Cherry Leaf Extract (Muntingia Callabura) As A Functional Food For Patients With Type 2 Diabetes Mellitus

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ABSTRACT

The results of Riskesdas 2018 states that based on blood sugar examination, the prevalence of Diabetes Mellitus sufferers in Indonesia has increased. The increase is influenced by several factors, one of which is the habit of consuming food with unbalanced nutritional intake, and that could be the reason for the increase in blood glucose levels 2 hour postprandial. Cherry leaves contain antioxidant compounds in the form of flavonoids which can be used as antidiabetics. This study aims to produce steamed sponge products with the addition of cherry leaf extract as a functional food for people with type 2 diabetes mellitus. The experimental design used was a Randomized Block Design (RAK) with 6 additional treatments of cherry leaf extract with a ratio of extract: water, 10%: 90%, 20% : 80%, 30%: 70%, 40% : 60%, 50% : 50%, 60% : 40% and performed 4 repetitions for each treatment. The analysis carried out on the steamed sponge cake product was a chemical analysis (flavonoid content) and organoleptic analysis (hedonic and hedonic quality). The results showed that steamed sponge cake with the addition of cherry leaf extract had a significant effect ($P < 0.05$) on the flavonoid, hedonic test of color, taste, aroma, texture and hedonic quality of yellow and brown. The treatment of steamed sponge cake with the addition of cherry leaf extract as a formulation had no effect ($P > 0.05$) on the organoleptic properties of the steamed sponge (hedonic quality on indicators of taste, aroma and texture). The best treatment was found in P4 treatment with a ratio of the addition of 40% cherry leaf extract and 60% water extract. Steamed sponge cake can be used as a functional food for people with diabetes mellitus with nutritional per 100 grams of material, namely energy of 649 kcal, protein 10,3g, fat 11.7g. carbohydrates 44.3g and flavonoid content of 28.83 mg/gram.

Keywords: Diabetes Mellitus, Flavonoids, Kersen Leaf Extract, Steamed Sponge Cake