

The Study of Making Bluder Bread with Substitution Psyllium Husk Flavour as Fiber Source Snack to Prevent Constipation

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ABSTRACT

Constipation that occurs continuously can lead to several diseases such as hemorrhoids, colon cancer, diverticular disease. Constipation is an event characterized by changes in the consistency of the stool to become hard, large in size, decreased in the frequency or difficulty of defecation of the sufferer, so prevention efforts are needed. Efforts to prevent constipation can be done by consuming fiber-rich foods. One food that is high in fiber is psyllium husk. This study aims to determine the content of nutrients, especially fiber in bluder bread substituted with psyllium husk flour as a snack to prevent constipation. The design used was Completely Randomized Design (CRD) with 5 treatment formulations, namely P1 (87.6% wheat flour and 12.4% psyllium husk flour), P2 (86.4% wheat flour and 13.6% psyllium husk flour), P3 (85.2% wheat flour and 14.2% psyllium husk flour), P4 (84% wheat flour and 16% psyllium husk flour), and P5 (82.2% wheat flour and 17.2% psyllium husk flour) and each treatment was repeated 5 times. The results showed that the highest fiber content was at P5 with a fiber content of 9.85gram/60gram. The addition of psyllium husk flour has a significant effect on the fiber content and has a significant effect on the physical properties of the texture of bluder bread. The best treatment in this study was P3 treatment (85.2% wheat flour and 14.8% psyllium husk flour). For one serving, the consumption of bluder bread is 60 grams with an energy content of 228 kcal, 9 g protein, 8 g fat, 30 g carbohydrates and 4,8 g fiber.

Keywords: Constipation, Psyllium Husk, Fiber.