

***Making Cookies of Coconut Dregs Flour and Mocaf Flour as Snacks To
Prevent Type 2 Diabetes Mellitus***

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ABSTRACT

Diabetes mellitus in Indonesia experienced an increase in prevalence in 2013 from 6.9% to 8.5% in 2018. The number of type 1 diabetes mellitus is 5-10% while type 2 diabetes mellitus is 90-95%. Diabetes mellitus type 2 can achieve one of them through diet, and providing alternative foods. This study aims to examine the quality of cookies with coconut pulp flour and mocaf flour as a snack to prevent type 2 diabetes mellitus. Completely Randomized Design (CRD) with treatment formulations A1= 9:1, A2= 8:2, A3=7:3, A4=6:4, A5=5:5 and A6 4:6 with 4 repetitions. Based on the results of the study, cookies with a proportion of coconut pulp flour 7 : 3 mocaf flour obtained the best cookie products from the hedonic test results with a mean index value of color 76,8 (like), aroma 79,2 (like), taste 81,6 (very like) and texture 77,2 (like). The results of the chemical test of cookies with the best treatment had 4,86 grams of water, 0,1 grams of ash, 473 kcal of energy, 6,65 grams of protein, 18,48 grams of fat, 70,09 grams of carbohydrates and 6,67 grams of fiber. In a day the patient will be given 50 grams or the equivalent of 5 pieces for 1 snack.

Keywords: Coconut Husk, Cookies, Diabetes Mellitus, Dietary Fiber