

**Pembuatan Cookies Substitusi Tepung Pisang Kepok sebagai Makanan  
Selingan Penderita Hipertensi** (*Making Kepok Banana Flour  
Substitute Cookies as a Side dish for Hypertension Patients*)

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**ABSTRACT**

*Hypertension is a major problem in the world. In 2019, the prevalence of hypertension was 22% of the total population worldwide. Handling hypertension can be done by implementing the DASH diet, which is eating more foods rich in potassium, calcium and low in fat. Banana is a fruit that has high potassium. The purpose of this study was to determine the characteristics of cookies with kepok banana flour as a snack for hypertension sufferers. The method used is an experiment with Completely Randomized Design (CRD). The results showed that the substitution of kepok banana flour had a significant effect on the potassium content, organoleptic properties of hedonic quality, color, banana aroma and sweet taste of cookies. But it did not affect the texture of cookies and organoleptic hedonic cookies. The best treatment in this study was a ratio of 8:2 (banana kepok flour and wheat flour) which contained 483.65 kcal of energy, 68.02g of carbohydrates, 3.84g of protein, 21.80g of fat, and 598.18g of potassium. The protein content is not according to SNI standards. The serving of banana kepok cookies for hypertension sufferers is 154 grams/day which is divided into 2 doses.*

**Keywords:** *Banana Kepok, Hypertension, Potassium*