

## ***Bakpao From Seaweed Flour as a Snack For Type 2 Diabetes Melitus***

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### **ABSTRACT**

Diabetes is a metabolic disorder caused by the pancreas is unable to produce enough insulin. The increasing prevalence of diabetes sufferers in indonesia is quite high. Ministry of Health data 2018 showed an increase data from 1,5% to 2% since 2013. This study aims to assessment of bakpao from substitution of seaweed flour as a snack for people with type 2 diabetes melitus. The experimental design used a completely randomized design (CRD) with 5 treatments, namely (5% seaweed flour + 95% wheat flour), (10% seaweed flour + 90% wheat flour), (15% seaweed flour + 85% wheat flour), (20% seaweed flour + 80% wheat flour), (25% seaweed flour + 75% wheat flour) and performed five repetitions. The analysis used in bakpao products are chemical analysis (fiber content), physical properties (swelling power), and organoleptics (hedonic and hedonic quality). The result showed that the substitution bakpao seaweed flour had a significant effect ( $p < 0,05$ ) on fiber content and swelling power. Hedonic test of color, taste, smell, texture, cavity and hedonic quality test of color, savory taste, chicken taste, smell, texture, and cavity. The treatment of bakpao with substitution of seaweed flour had a significant effect ( $p < 0,05$ ) on the organoleptic properties of the buns (hedonic and hedonic quality). The best treatment was found in P2 treatment with a combination of 10% seaweed flour and 90% wheat flour. Bakpao can be used as a snack with the nutritional content,—namely 479,929 kcal for energy, 21,96% protein, 18,07% fat, 56,10% carbohydrates, 2,8% ash content, 57,72% water content, and 4,86 grams of fiber content.

*Keywords : Fiber, Bakpao, Seaweed flour*