

**STUDY OF MAKING WET NOODLE WITH SUBSTITUTION OF  
BLACK RICE FLOUR AND OYSTER MUSHROOM  
AS A HIGH FIBER FOOD**

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***ABSTRACT***

*The rapid development of the globalization era accompanied by an increase in per capita income can lead to changes in people's lifestyles, especially in big cities, from having an unhealthy diet to lack of physical activity. The large number of eating fast food that comes from animal sources without being balanced with the consumption of high fiber foods will have a negative impact on health, including constipation, the risk of obesity, degenerative diseases, digestive system disorders, and increased cholesterol levels. This study aims to analyze the quality properties of wet noodles with the substitution of black rice flour and oyster mushroom flour as high fiber foods. The design used was a completely randomized design (CRD) with 6 substitution treatments of black rice flour and oyster mushroom flour with 4 repetitions. Based on the best results of the study, wet noodles with the proportion of using black rice flour as much as 40% with white oyster mushroom flour as much as 10% produced the best wet noodle products with a yield value (Nh) of 0.99. The nutritional composition of the wet noodle products with the best treatment is 285 kcal of energy, 10.14% protein, 4.09% fat, 51.47% carbohydrates, 0.84% ash, 33.45% water, and food fiber 9, 17%. The recommended serving size for one consumption is 125 g with an energy content of 356.25 kcal, 12.7 g protein, 5.1 g fat, 64.34 g carbohydrates, and 11.5 g dietary fiber.*

*Keywords: Black Rice Flour, Fiber Foods, Oyster Mushroom Flour, Serving Size, Wet Noodle*