

SLICE JAM FROM GUAVA AND RED DRAGON FRUIT LEATHER AS A HIGH OF FIBER SNACKS

Rossi Kharismawati

Clinical Nutrition Study Program
Health Department

ABSTRACT

Dietary fiber has many health benefits including weight control, overcoming diabetes, preventing gastrointestinal disorders, preventing colon cancer. This study aims to analyze the quality properties of slice jam from guava and red dragon fruit leather as high of fiber snacks. The design used was a completely randomized design (CRD) with 6 treatments, the proportion of guava : red dragon fruit leather, P1= 100%;0% P2=80%:20% P3=60%:40% P4=40%:60% P5=20%:80% P6=0%:100% and each treatment was repeated 4 times. The result showed that the higher the addition of red dragon fruit leather and the lower the percentage of guava result in higher the fiber content in slice jam. The best treatment from this study was P6 (0% guava : 100% red dragon fruit leather) with 19,74/100 g of fiber content, pH 4,35, 70,95% of total dissolved solids, sweet taste/like, dark red color very thick/very like, not flavorful/slightly like, chewy texture/very like. The provision of snacks with guava and red dragon fruit leather slice jam per meal based in the 2016 RDA for 2150 energy needs is 25 grams.

Keywords: Food fiber, guava, red dragon fruit leather, slice jam