

***Steamed Bolu from Kepok Banana Flour and Tofu Pulp Flour as a
Snack for Patients with Hypertension***

Yurialitha Naluri Purnomo
Clinical Nutrition Study Program
Department of Health

ABSTRACT

Hypertension or high blood pressure is a chronic condition where the condition in which the blood vessels have persistently raised pressure. Some factors that cause hypertension are excessive salt consumption, alcohol consumption, obesity and lack of exercise. Hypertension can be prevented and controlled by implementing a healthy life and regulating diet. Dietary guideline for patients with hypertension is by consuming foods containing potassium. Potassium acts as an antihypertensive which can inhibit sodium reabsorption and inhibit renin secretion. One example of foods that contain potassium is tofu pulp flour and Kepok banana flour which can be processed into steamed bolu. This research's aim is to learning how to make study the making of steamed bolu from Kepok banana flour and tofu pulp flour as a snack for patients with hypertension. The design used was a Randomized Block Design (RBD) with 5 treatments 5 replications the formulation of Kepok banana flour: tofu pulp flour are P1 (90%: 10%), P2 (80%: 20%), P3 (70%: 30 %), P4 (60%: 40%), P5 (50%: 50%). The results showed that the smallest potassium content was 713 mg / 100 g and the highest was 755 mg / 100 g. The smallest volume expansion test was 78.58% and the highest was 80.50%. The best treatment is P2 with 755 mg / 100g of potassium content, 79.97% of volume expansion, 4.93% of protein, 0.46% of fat, 50.27% of carbohydrate, 0.75% of ash content, 43.58 % of water content. One serving of 50 gram steamed sponge cake (2 pieces) with 112.47 kcal of energy content, 2.47 g of protein, 0.23 g of fat, 25.14 g of carbohydrate, and 377.50 mg of potassium.

*Keywords : Steamed bolu, Potassium, Hypertension, Tofu Pulp Flour, Kepok
Banana Flour.*