

Formulation Of Cookies Kepok Banana Flour And Soybean Flour as a High Potassium Snack To Prevent Hypertension

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ABSTRACT

Hypertension is a condition of high blood pressure in the arteries of more than 140/90 mmHg. Non-pharmacological treatment, namely a hypertension diet or a high potassium diet is one of the therapies for hypertension sufferers. The decrease in blood pressure is closely related to potassium intake. This study aims to examine the characteristics of quality, nutritional content, and portion. The research design used completely randomized design (RAL) with 5 treatment formulations of kepok banana flour: soybean flour, namely 9 : 1, 7 : 3, 5 : 5, 3 : 7, 1 : 9 and repeated 5 times. There is a significant difference (sig <0.05) on the potassium content of cookies. The best treatment for this research was P4 (kepok banana flour : soybean flour 3 : 7). Organoleptic test of cookies showed that the hedonic quality of sweet taste and hedonic likes, hedonic quality of brown color and hedonic likes, hedonic quality of typical kepok banana aroma is rather weak and hedonic likes, and hedonic quality of crunchy texture and hedonic likes. The chemical test results for the best treatment of cookies had potassium of 846.7 mg, energy 409.79 kcal, protein 11.89 grams, fat 15.35 grams and carbohydrates 56.02 grams. For one-time consumption, consumers are recommended to consume 63 grams of cookies or the equivalent of 7 chips with an energy content of 260 kcal, 8 grams of protein, 10 grams of fat, 35 grams of carbohydrates, and 533 mg of potassium.

Keywords: Cookies, Hypertension, Kepok Banana Flour, Soybean Flour