

Formulation of Cookies From Coconut Flour and Mung Bean Flour as a Source of Fiber Snack for Obesity People

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ABSTRACT

Obesity as one of the main problems of the three burdens of nutritional problems has increased in prevalence to 21.8%, according to 2018 Basic Health Research data. The increased prevalence of obesity can be caused by wrong eating habits, a distorted mindset about diet, and life style changing. Obese people have a higher risk of developing degenerative diseases, such as diabetes, cardiovascular diseases, and hypertension. Non-pharmacological therapy that can be given to obese people is a high-fiber diet. Diet patterns with high fiber can help control hunger because fiber can increase satiety, so that would be increasing their food intake. This study aims to examine the formulation of cookies from coconut flour and mung bean flour as a source of fiber for obese people. This study used a Completely Randomized Design with 6 treatments of coconut flour : mung bean flour namely P1 8 : 2, P2 7 : 3, P3 6 : 4, P4 5 : 5, P5 4 : 6, and P6 3 : 7 with 4 times repeated. Based on the results, cookies with the highest fiber content were P1. The best treatment cookies are in the P1 treatment based on the calculation of the effectiveness index value. The best treatment cookies had a greenish yellow color, mung bean smells slightly strong, savory taste, quite crumbly texture, and per 100 grams cookies contain of, 488,7 kkal energy, 10,7 g proteins, 24,7 g fat, 55,9 g carbohydrates, and 9,3 g fiber.

Keywords : Coconut, Cookies, Fiber, Mung Bean, Obesity