

Making cookies from corn starch and okra flour as a snack to prevent obesity

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ABSTRACT

Obesity is excessive accumulation of fat due to an imbalance between energy intake and energy expenditure for a long time. The national prevalence of general obesity in the population from 2013 to 2018 has increased. Indonesia itself suffers from obesity reaching 21.8% in 2018, the results of the Riskesdas data show an increase from 14.8% in 2013 to 21.8% in 2018. The problem of obesity is a complex and multifactorial health problem. Obesity can occur due to several factors, namely genetic factors, behavior and the physical, biological and social environment. Wrong lifestyle is closely related to improper eating patterns such as consumption of foods high in sugar, high in fat and lack of fiber. Therefore, one of the efforts to prevent obesity is to provide additional nutritional intake in the form of snacks with sufficient nutrients. This study aims to determine the fiber content and characteristics of cookies from corn starch and okra flour as a snack to prevent obesity. The experimental design used in this study was a completely randomized design (CRD) with 6 treatments and 4 repetitions, namely P1 (97%:3%), P2 (94%:6%), P3 (91%:9%), P4 (88%:12%), P5 (85%:15%), and P6 (82%:18%). The analysis used is fiber content and organoleptic. The results of the research on cookies made from corn starch and okra flour had no significant effect ($P>0.05$) on fiber content, hedonic quality parameters for color, aroma and texture as well as hedonic tests on color, taste and texture. However, it had no significant effect ($P>0.05$) on the hedonic quality of the taste and aroma hedonic tests. The best treatment was P3 treatment with the addition of 91% corn starch and 9% okra flour preferred by the panelists. The recommended serving size for cookies for consumption in the general group is 6 pieces (30 grams) with an energy content of 141 kcal, 1 gram of protein, 5 grams of fat, 23 grams of carbohydrates and 1 gram of fiber.

Keywords : Obesity, *Cookies*, Corn Flour, Okra Flour