

**CRACKERS SUBSTITUTION OF COCONUT DREGS FLOUR AS A
SOURCE OF FIBER SNACK FOR PATIENTS WITH
TYPE 2 DIABETES MELLITUS**

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ABSTRACT

Diabetes Mellitus cases in the world are expected to increase every year. Type 2 diabetes mellitus is diabetes that occurs due to peripheral insulin resistance and decreased insulin production. One of the management of type 2 DM is through medical nutrition therapy that is of high-fiber carbohydrates. One of high in dietary fiber foodstuffs is coconut dregs which can be used as a functional food for crackers substitution of coconut dregs flour. Purpose of this study is to determine the fiber content, organoleptic properties, the best treatment, nutrient composition, comparison with SNI, fiber claims based on BPOM No. 1 of 2022, and the glycemic index value of crackers substituting coconut dregs flour. The experimental design used in this study was a randomized block design (RBD) with 6 formulations and 4 repetitions with the treatment of coconut dregs flour: wheat flour, namely 5%:95%, 10%:90%, 15%:85%, 20% :80%, 25%:75%, and 30%:70%. %. The results of this study, the best formula is P3 treatment with 85% wheat flour and 15% coconut dregs flour. The results chemical analysis of the best treatment is energy 453.99 kcal, protein 11.78%, fat 14.67%, carbohydrates 68.71%, dietary fiber 4.09 gram, ash content 0.91%, water content 3 .94% and 2.19% crude fiber. Based on the results of the calculation of the glycemic index value, crackers had a GI value of 40.64, it was called in low glycemic index category.

Key words: Diabetes Mellitus, Coconut Dregs Flour, Fiber, Crackers