

MAKING SUBSTITUTION OF BAKPAO KING SKIN FLOUR AS A FIBER
ALTERNATIVE FOOD FOR OBESE PEOPLE

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ABSTRACT

Lack of dietary fiber consumption will affect the digestive system and the emergence of several diseases such as obesity. Obesity is one of the problems in Indonesia. A person who is obese is often associated with less consumption of fruits and vegetables and less physical activity. This study aims to develop a high-fiber snack product in the form of buns with the substitution of plantain peel flour. The design used in this study was a completely randomized design (CRD) with 6 treatment formulations, namely 100%: 0%, 95%: 5%, 90%: 10%, 85%: 15%, 80%: 20%, and 75%: 25% with 4 repetitions. Based on the results of the study, the dumplings with the proportion of plantain peel flour of 15% and 85% of wheat flour produced the best bakpao products from the organoleptic test results with an average value of preference for color 7.43 (like), taste 7.38 (like), aroma 7, 1 (like), texture 6.63 (like). The results of the chemical test of bakpao with the best treatment had a protein content of 7.60%, 2.97% fat, 42.37% carbohydrate, and 4.21 grams of food content. The results of the physical test of the flower power of the buns with the best treatment were 91.70%. For one time consumption, it is recommended to consume 1 buns with an energy content of 169.8 kcal, 5.7 grams of protein, 2.2 grams of fat, 31.8 grams of carbohydrates and 3.15 grams of dietary fiber. Within a day, you will be given 3 times a snack

Keywords: Food Fiber Content, Meatbun, Raja Banana Skin Flour, Serving Size