

# **MAKING CAT TONGUE CAKES AS A SUBSTITUTION OF PORANG TUMBER FLOUR (*Amorphophallus oncophyllus*) AS A SOURCE OF FIBER INTERMEDIATE FOOD FOR OBESITY PREVENTION**

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## **ABSTRACT**

*Obesity is an increase in body weight that exceeds physical needs and is a result of fat tissue accumulating abnormally or excessively under the skin so that it can disrupt health. The prevalence of obesity based on Basic Health Research Data (Riskesdas) until 2018 it shows that the prevalence of obesity in adults aged >18 years has increased. an increase of 21.8%. Non-pharmacological management is diet therapy which can be done through high fiber intake, especially water-soluble fiber. One food ingredient that contains fiber is porang tubers which are used as a functional food for cat's tongue cake as a substitute for porang flour. The aim of this research is to determine fiber content, organoleptic properties, best treatment, nutritional composition, compare with SNI, fiber claims based on BPOM No. 13 of 2016, and know the serving size. The design used in this research was a Completely Randomized Design (CRD) with 6 formulations and 4 repetitions with the treatment of wheat flour: porang flour, namely 80%: 20%, 70%:30%, 60%:40%, 50%:50 %, 40%:60%, 30%: 70% . based on research results, the best treatment is P5 treatment with a proportion of 40%:60%. The characteristics of the best treated cat's tongue cake are dark brown color, the distinctive aroma of porang flour is quite strong, sweet taste and crunchy texture. The results of chemical analysis of the nutritional content of cat's tongue cake with the best treatment were energy 431.93 kcal, protein 12.82%, fat 10.33%, carbohydrates 71.92%, ash content 1.13%, water content 3.93% and fiber 3.67%. The serving size for one consumption is 50 grams (7 pieces).*

**Keywords:** *Cat's Tongue Cake , Fiber, Obesity, Porang Flour*