

SORBET FROM RED DRAGON FRUIT PEEL AND GUAVA FRUIT AS A HIGH FIBER SNACK

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ABSTRACT

Obesity is a condition of excess fat due to energy imbalance. The prevalence of obesity in Indonesian increased in 2018. In the long ter, obesity can cause degenerative diseases. Alternative to overcome obesity is to consuming snack that are high in dietary fiber. The purpose of this study was to examine red dragon fruit peel sorbet and guava fruit as a high fiber snack. This research is an experimental laboratory study with a Completely Randomized Design (CRD) with 6 treatments and 4 repetitions. The formulation used were red dragon fruit peel and guava fruit with a ratio of 100g:10g, 90g:20g, 80g:30g, 70g:40g, 60g:50g, 50g:60g. The results showed that the highest dietary fiber content in formula 1 was 13,02% and the lowest in formula 6 was 7,88%. There are differences in dietary fiber content of each formula (sig <0.05). The best treatment in this study was formula P5 with a moisture content of 71,91%, ash content of 0,91%, fat 0,35%, protein 1,63% and total carbohydrates 25,20%. The serving size of sorbet for one meal is 25 grams with a total nutritional energy content of 110 kcal, 2 grams of protein, 0 grams of fat and 25 grams of carbohydrates.

Keywords: *Dietary fiber, guava fruit, obesity, red dragon fruit peel, sorbet*