

STUDY OF MAKING BREADFRUIT FLOUR SUBSTITUTION PANCAKES AS A DISTRACTION TO PREVENT HYPERTENSION

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ABSTRACT

Hypertension is a condition in which systolic blood pressure ≥ 140 mmHg or diastolic blood pressure of 90 mmHg (Ministry of Health RI, 2019). The prevalence of hypertension in Indonesia reached 34.1% higher than the previous prevalence of 25.8% (Riskesdas, 2018). Lack of potassium intake can result in a buildup of sodium levels so that it can pose a risk of hypertension. This study aims to examine the manufacture of breadfruit flour substitution pancakes as a distraction food to prevent hypertension. The design used is RAL (Complete Randomized Design) with 5 treatments of rice flour: breadfruit flour, namely P1 9: 1, P2 8: 2, P3 7: 3, P4 6: 4, and P5 5: 5 with 5 repetitions. Based on the results of the study, breadfruit flour substitution pancakes have a noticeable influence on the potassium content and the expandability of each treatment. The breadfruit flour substitution pancake with the highest potassium content was P5 (394.6 mg) and the highest bloomability was found in P1 treated pancakes (133.69%) and the lowest in P5 (25.09%). The best treated pancakes are found at P3 based on the calculation of the effectiveness index. Serabi with the best treatment has a nutritional content per 100 grams, energy 229.73 kcal, Protein 6.31 g, fat 4.13 g, carbohydrates 41.83 g and potassium 240 mg.

Keywords: *Hypertension , Potassium, Serabi, Breadfruit Flour*