

## ***Making Fried Banana Kepok Snacks Substituting Green Beans as a Snack***

***Siti Nuraida***

*Clinical Nutrition Study Program*

*Department of Health*

### **ABSTRACT**

*Potassium can lower blood pressure is that potassium can lower blood pressure by dilating blood vessels, which decreases total peripheral retention and increases cardiac output, potassium can lower blood pressure by acting as a diuretic, Potassium can change blood pressure through the renin angiotensin system, potassium can regulate peripheral nerves and the central nervous system to influence blood pressure. One of the treatment efforts that can be taken is the consumption pattern of food sources of potassium. The aim of this research is to determine the assessment (potassium content of food, organoleptic properties, best treatment, nutritional composition, serving size and nutritional value information) of the fried snack banana kepok as a substitute for green beans as a snack source of potassium. The samples used were 6 samples with 4 repetitions. The research design used a Randomized Group Design (RAK). The treatments used were kepok bananas and green beans in the ratio (90%:10%), (80%:20%), (70%:30%), (60%:40%), (50%:50%) , (40%:60%). The results of this study showed that the highest level of food potassium was P3 at 268.24 grams and the lowest was P6 at 230.15 grams. There was no difference in food potassium levels for each treatment (sig>0.05). The best treatment in this research was P3 with a water content of 32.24%; ash content 0.93%; protein 9.34%; fat 8.14%; carbohydrates 49.36%, and potassium 268.24 grams. The serving size for snacks in one meal is 100 grams with a total energy nutritional content of 203 kcal, 9 grams of protein, 8 grams of fat, 49 grams of carbohydrates and 268 grams of potassium.*

***Key words:*** *Fried snacks, snacks, kepok bananas, green beans*