

Making Cookies with Wheat Flout and Cocoa Powder Substituion as Food Sources of Fiber

Riska Ayuningsih

Clinical Nutrition Study Program

Departemen of Health

ABSTRACT

Mutations in the pattern of causes of disease and death in society can be seen from the pattern of causes of infectious diseases to degenerative and metabolic diseases. Degenerative diseases are one of the non-communicable diseases and cannot be transmitted. This occurs because of one of the factors of improper diet and causes the nutritional needs in the body to be suboptimal. Improper diet can be seen from several factors, one of which is the lack of fiber needs in the body. Wheat flour and cocoa powder are ingredients that can be processed and consumed as fiber producers in the body. The purpose of this study was to create a product in the form of cookies substituting wheat flour and cocoa powder as a source of fiber with 6 treatments and 4 repetitions. The product was analyzed for dietary fiber content, nutritional content, organoleptic tests, physical tests in the form of breaking strength, finding the best product, and comparing it with commercial products. The method used is Completely Randomized Design (CRD) with variations in the ratio of wheat flour: cocoa powder: wheat flour P1 (2:2:6), P2 (2:1:7), P3 (4:2:4), P4 (3:2:5), P5 (3:1:6), (6:1:3). Based on the results of the study, the best treatment was obtained in P4. The results of the chemical test of the best treatment P4 in 100 grams of product contained 474 kcal of energy, 11.25% protein, 18.65% fat, 65.5% g carbohydrates, 5% fiber, 2.27% water content, and 2.26% ash content.

Keywords: Degenerative diseases, wheat flour, cocoa powder, cookies, fiber.