

***Nastar Formulation Coconut Pulp Flour Substitution As A High Fiber  
Interlude Food***

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***ABSTRACT***

*According to the 2018 Riskesdas RI and based on the 2023 SKI, Indonesians consume less fiber from 95.5% to 96.7%. Coconut pulp flour which has a high content of dietary fiber is one of the food ingredients that can be used to make nastar as a high-fiber interlude food. This study aims to analyze the characteristics of chemical and organoleptic nutritional content in coconut pulp flour substitution nastar as a high-fiber interlude food. The study method used a Complete Random Design (RAL) with 5 treatments and 5 repetitions, with variations in the comparison of wheat flour and coconut pulp flour (P1 = 60 : 40, P2 = 55 : 45, P3 = 50 : 50, P4 = 45 : 55, and P5 = 40 : 60). The results showed a significant difference in the content of dietary fiber in nastar in each treatment, with a significance value ( $P > 0.05$ ). The best treatment is found in P4 with a comparison (45:55) of wheat flour: coconut pulp flour with nastar characteristics based on organoleptic tests is rather bright yellow / like, the typical aroma of coconut pulp is very strong/like, the typical taste of coconut pulp is very strong/like, and the texture is crispy/like. The chemical analysis of the best treatment nastar showed energy of 526.59 kcal, protein content of 7.31%, fat 30.71%, carbohydrate 55.24%, ash content of 1.11%, water content of 5.60%, and dietary fiber 7.06%. The recommended serving size as a high-fiber interlude food is 7 pieces or the equivalent of 49 g.*

***Keywords:*** *Nastar, Dietary Fiber, Coconut Pulp Flour*