

**MAKING CHICKEN MEAT DIMSUM ADDITIVES RED BEAN FLOUR AS AN
ALTERNATIVE INTERLUDE OF FIBER
SOURCES FOR OBESITY**

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ABSTRAK

Obesity and its accompanying conditions have become a major health problem worldwide. Today, obesity is ranked the fifth most common cause of death in the world. The main risk factors that cause obesity are behavioral factors, namely unhealthy diets such as consuming fast food too often coupled with smoking, lack of physical activity and insufficient fiber consumption (fruits and vegetables). Meanwhile, according to the summary, the consumption pattern of fruits and vegetables among the Indonesian people is still low, which is 95.4%. The purpose of this study is to analyze Dimsum with the addition of red bean flour as a dietary supplement for fiber sources. The genius of this research is experimental analytics with the research design used, namely the complete random design (RAL). In this study, there were six treatments with a comparison of chicken meat and kidney bean flour used, namely P1 (100:25), P2 (100:50), P3 (100:75), P4 (100:100), P5 (100:125), and P6 (100:150). The results showed that there was a real difference in the fiber content in Dimsum with the addition of kidney bean flour at P1 to P5, P1 to P6 and P2 to P6. The best treatment was determined in the P3 treatment, namely dimsum with a 100:75 formulation of chicken meat and kidney bean flour. The characteristics of the best treatment dimsum are slightly brownish red, the typical taste of red beans is weak, the aroma is somewhat weak, the texture is slightly chewy and the fiber is 4.22%. The results of the chemical analysis of the nutritional content of red bean dimsum were the best treatment, namely energy 224 kcal, protein 11.55%, fat 7.46%, ash content 1.11%, moisture content 52.19% and fiber 4.22%. The serving size in one consumption is 100 grams (4 pieces).

Keywords: Dimsum, Red bean flour, Fiber, Obesity