

**Analysis Index Glikemik to Making Noodles with Substitution Flour Suweg
(*Amorphopallus campanulatus*)**

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ABSTRACT

Glikemik index food is a moderate degree of food according to its effect on blood sugar concentration. Food with IG low potential as food has functional. Suweg is one of foodstuffs having the value IG low enough that can be used as flour that have the potential to developed into noodles. The purpose of this research to find out the value of the glikemik index wet noodles with the substitution of flour suweg. A method of the research uses design research true experiment to a draft posttest only control group design to know glikemik index noodles suweg. Index value glikemik obtained by dividing broad area under a curve food test with food standard. Based on the calculation of the value of IG known that the total amount of IG wet noodles suweg 74,65 and noodles wet control 83,57. Value IG second food such tests included in a category ig high . Based on the results of the analysis test independent simple w- test there are had been real between noodles control with noodles test with $p = 0,001$ ($p \leq 0.05$)

Keywords: Suweg noodles, glycemic index, tubers suweg

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