

ABSTRACT

The Study of the Production of Gethuk Pisang With High Level of Potassium from Musa Paradisiaca L. Cv. Kayu and Musa Paradisiaca L. Cv. Kepok as an Alternative Snack for Hypertensive Patients.

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Hypertension is a condition while the patient has higher blood level than normal. Beside the aging factor causing the hypertension, lack of intake of potassium is one of factor that is causing the hypertension. High potassium treatment could lower the risk of hypertension. This research was aimed to study the production of Gethuk Pisang with high level of potassium from Musa Paradisiaca L. Cv. Kayu and Musa Paradisiaca L. Cv. Kepok as an alternative snack for hypertensive patients. The research method using true experimental method. The best treatment was treatment A5 with the ratio 50% of Musa Paradisiaca L. Cv. Kayu and 50% of Musa Paradisiaca L. Cv. Kepok. The conclusion from this research is that the level of potassium showed significantly different from each treatment. The production of Gethuk Pisang made from Musa Paradisiaca L. Cv. Kayu was significantly different from Gethuk Pisang made from Musa Paradisiaca L. Cv. Kepok from the hedonic test and hedonic quality. High level of potassium from Musa Paradisiaca L. Cv. Kayu and Musa Paradisiaca L. Cv. Kepok based on the nutritional composition of Gethuk A5. Recommended daily intake of Gethuk is 240 gram with a potassium content of 940 mg.

Keywords : Hypertension, Musa Paradisiaca L. Cv. Kayu and Musa Paradisiaca L. Cv. Kepok