

Analisis Indeks Glikemik Pada Cookies Subtitusi Tepung Ampas Kelapa.
The Analysis Of Glycemic Index On Coconut pulp flour Cookies.

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ABSTRACT

Food with low glycemic index (IG) are able to recover the insulin's sensitivity and also degrade the absorption of glucose, thus beneficial to maintain the blood sugar concentration in diabetes mellitus patient. One of the main reason is food with low IG has high level of dietary fiber. Coconut pulp flour is one of alternative food ingredient that has high level of dietary fiber and it is potentially to be developed as the main ingredient of cookies. The main purpose of this study was to discover the content of glycemic index of the cookies made by using coconut pulp flour. The method that was used in this study is True Experiment with posttest only control group design to discover the use of low IG cookies made by using coconut flour. IG was obtained by dividing the area under the curve of food test with controlled food. The result of the calculation was the IG of the controlled cookies was 58.29, which is included as moderate category, and the experimental cookies was 53.79, which is included in low category. Independent T-test revealed that there was a significant different between controlled cookies and experimental cookies ($p= 0.027$)

Keywords : *Coconut pulp flour cookies, glycemic index, coconut pulp flour*