

Pembuatan Nugget dari Daging Tiruan dengan Substitusi Jerami Nangka (*Artocarpus heterophyllus* Lmk) Sebagai Makanan diet Tinggi Serat Untuk Penderita Obesitas. Nugget Manufacture of Imitation Meat with Substitution of Jackfruit Straw (*Artocarpus Heterophyllus* Lmk.) as a High Fiber Diet Food to the Obese

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ABSTRACT

Background: The obese need high food in fiber to help and make sufficient of the needs of fiber as well as for weight control. One of the favored food people like are nuggets that will be in the composition of the manufacturing will be combined with imitation meat and jackfruit straw, because jackfruit straw has a high fiber content which is expected to be a food that can fulfill the needs of their fiber for the obese. Methods: The experimental research laboratories, using a completely randomized design with 6 treatments, A0 (0% substitution of jackfruit straw), A1 (5% substitution of jackfruit straw), A2 (10% substitution of jackfruit straw), A3 (15% substitution of jackfruit straw), A4 (20% substitution of jackfruit straw), A5 (25% substitution of jackfruit straw), A6 (30% substitution of jackfruit straw) and each treatment was repeated 4 times. Results: The substitution of imitation meat with jackfruit straw on various treatments affect the fiber content of nugget. The treatment A3 (15% jackfruit straw) is the best treatment in terms of the index of effectiveness. Conclusions: The use of the treatment in the various formulations of imitation meat of nugget with substitution of jackfruit straw has real significant result to fiber and have a significant effect ($\text{sig} \geq 0.05$) on hedonic quality. The best treatment A3 (15% jackfruit straw) can suffice the needs of fiber 27.8% in a day.

Keywords : Fiber, Jackfruit Straw, Obesity.