Study of Making Cookies by Adding Soybean Flour and Sesame Flour as Intermediate Foods to Prevent Osteoporosis

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ABSTRACT

Osteoporosis is a major public health problem consisting of millions of people throughout the world. This requires serious attention, because osteoporosis is a disease characterized by a decrease in bone density and an increase in bone fragility, leading to fractures. This study aims to determine the high nutrient content in pastries with wheat flour and sesame flour as a snack to prevent osteoporosis. The research design used was a Completely Randomized Design (CRD) with 6 approval designs of soy flour and sesame flour. The analysis conducted on cookie products is the analysis of calcium content, physical properties of the texture and organoleptic test. The results showed that the addition of sesame flour increased calcium reserves in cookies which occurred between 218-295 mg/100 g. The addition of soy flour and sesame flour affects the calcium and physical properties of cookies and does not conflict with organoleptic tests of hedonic and hedonic quality of color, aroma, taste and texture. The best treatment of this study was P4 training (22% soy flour and 22% sesame flour). One serving of cookies is 8 pieces (50 g) with an energy content of 214 kcal, protein 5.8 g, fat 5.4 g, calcium 35.7 g and calcium 133.5 mg.

Keywords*: Calcium, Osteoporosis, Soybean Flour, Sesame Flour, Cookies.*