

**Jackfruit Seed Flour Study and Chocolate Powder Biscuits at the Process
Making of Diet Alternative Distraction Food for the Second Type of
Diabetes Mellitus.**

Alifia Sukma Arienie
Clinical Nutrient Study Program
Medical Departement

ABSTRACT

The second type of diabetes mellitus is a degenerative disease which has pre-clinical phase relatively undetected. The main cause of the second type diabetes mellitus are obesity, the wrong diet and the bad lifestyle. Based on the problem which can be solve with diversification of the food by developing the local food such as jackfruit seed flour and chocolate powder. The purpose of this research is to assess the jackfruitseed flour and chocolate powder at the process making of diet alternative distraction food for the second type of diabetes mellitus. The research design used was randomized block design. The determination for the formulation in this research for jackfruit seed flour : chocolate powder are 85% : 15%, 80% : 20%, 75% : 25%, 70% : 30%, 65% : 35%, dan 60% : 40% every step will be repeat fourth. The result showed the lower percentage of jackfruit seed flour, the food content higher fiber. If the percentage of the chocolate higher, the content of dietary fiber and the antioxidant activity also the same. There are difference significant ($\text{sig} \leq 0,05$) on the dietary fiber content, antioxidant activity and organoleptic test of jackfruit seed flour biscuit and chocolate powder. B6 (60% jackfruit seed flour and 40% chocolate powder) treatment is the best way for treating this research. 6 pieces of biscuit is the distribution of alternative food with jackfruit seed flour and chocolate powder for each meal based on the stipulation of food fiber content 3 – 6 gram for each meal.

Keywords : *Biscuit, Chocolate Powder, Jackfruit Seed Flour, The Second Type of Diabetes Mellitus*