

Studi Pembuatan Cookies Substitusi Tepung Rumput Laut (*Eucheuma cottoni*) Sebagai Alternatif Makanan Selingan Tinggi Serat Bagi Penderita Obesitas (*Study of making cookies flour substitution seaweed (*Eucheuma cottoni*) as an alternative to high-fiber snack for obesity*)

Fetrin Maghfiroh S

*Clinical Nutrition Study Program
Health Department*

ABSTRACT

*Obesity means being fat or overweight. One of reasons gaining less attention aside from too much energy is too less fiber consumption. High-fiber food can reduce the risk of obesity. This purpose of the research cookies manufacture of flour substitution seaweed (*Eucheuma cottoni*) as an alternative to high-fiber snack for people with obesity. Based on the research conducted, it can be concluded that fiber shows real and different results between the treatments. Making cookies seaweed flour different (significantly) to test hedonic and hedonic quality. The good treatment in the manufacture of flour cookies seaweed is treated A1 with 65% comparison wheat flour: 35% flour seaweed. The provision of high-fiber cookies of flour seaweed based nutritional composition cookies A1 recommended cookies that can be consumed in a day was 10-16 pieces of cookies.*

Keywords: cookies, fiber, obesity and seaweed flour