

Pembuatan Nugget Okra (*Abelmoschus Esculentus*) Sebagai Alternatif Makanan Selingan Bagi Penderita Hipertensi

The Nugget Okra (*Abelmoschus Esculentus*) as Alternatif Food Interlude for Patients Hypertension

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ABSTRACT

This study attempts to produce nuggets as a substitute for the food alternative for patients the hypertension. The kind of research using experimental laboratoris design complete random (RAL). The analysis by using ANOVA analysis, followed by test Duncan with standard 10% significance. Study was conducted using additional Okra consisting of 6 treatment and 4 test. The result showed the nuggets okra on the best found in treatment H4 with the addition of 40% okra. In this study, nuggets with the addition of the best in treatment can be used as an alternative to food interlude for patients hypertension with therapy a diet of inferior salt III (sodium restricted 1000 – 1200 mg/day). The best treatment H4 also contain potassium high (39,59 mg) that serves lowering blood pressure, while the sodium enough low 1,71 mg. From the it can be discovered that the potassium still not provide of day patients hypertension (2000 mg/ day potassium) needs.

Keywords : Hypertension, Okra, Nuggets