

Pembuatan Cookies Subtitusi Tepung Ubi Jalar Ungu (*Ipomoea batatas var. Ayamurasaki*) Sebagai Makanan Selingan Tinggi Serat dan Antioksidan (Antosianin) Untuk Penderita Diabetes Melitus. (Making cookies substance of flour Sweet Purple Potato (*Ipomoea batatas var. Ayamurasaki*) As Interlude Food For Diabetes Mellitus's Diet Which Is High Of Fiber And Antioxidants (Anthocyanin)).

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ABSTRACT

Patients diabetes mellitus need food interlude for helping then to fulfil their nutrition every day. One of their favourite food is cookies, because of fiber and high antioxidant, it will substance to flour of sweet purple potato. This report aims for review the nutrition, especially fiber and anthocyanin on substitution flour of sweet purple potato as food interlude for diabetes mellitus's diet. The experiments used the random design complete (ral) with 6 treatments substitution of flour sweet potato purple the A1 treatment (35% wheat flour : 65% flour sweet potato purple), A2 (30% wheat flour : 70% flour sweet potato purple), A3 (25% wheat flour : 75% flour sweet potato purple), A4 (20% wheat flour : 80% flour sweet potato purple), A5 (15% wheat flour : 85% flour sweet potato purple), and A6 (10% wheat flour : 90% flour sweet potato purple). The significant result of it are each treatments on cookies has elevated levels especially fiber and anthocyanin. The significant result of organoleptik showed about the difference between color, taste, scent, and texture on cookies . Best treatment is A6 (10% wheat flour : 90% flour sweet potato purple), because it has the womb fiber and anthocyanin appropriate command .

Keywords: Diet DM Type II, Cookies, Flour Sweet Potato Purple