

Pembuatan Mie Basah dari Tepung Kacang Ercis (*Pisum sativum* L.) Sebagai Makanan Alternatif Diet Tinggi Serat Bagi Penderita Hiperkolesterolemia)
*Producing Noodles of Flour Nuts Ercis (*Pisum sativum* L.) as Food Alternative of High Diet Fiber for Patients Hiperkolesteroolemia)*

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ABSTRACT

This study aim is to produce noodles as high fiber alternative food. This research using laboratory experimental by random group design. Data analyzed by using ANOVA analysis, continued by Duncan test with standart sinificance 5%. This study was conducted using wheat flour subtitustion with nuts flour ercis consist of 7 treatment and 4 repeations . The results showed that wheat flour subtitustion with nuts ercis flour in the formulations of the wet noodles the best formulation is subtitusi 60% wheat flour : 40% flour nuts ercis with A5 treatment. In this study, noodles of flour nuts ercis can be used as food alternative for patients with hiperkolesterolemia with therapy of high diet of fibers (content of fiber was 8,02 gram). The result it could be known that content fibers food interlude for patients with hiperkolesterolemia.

Keywords: *Hiperkolesterolemia, Nuts Flour Ercis, Noodles.*