

Pembuatan Puding Lidah Buaya Dengan Penambahan Sari Buah Naga Merah Sebagai Makanan Selingan Tinggi Antioksidan Bagi Penderita Diabetes Melitus Tipe 2 (*Making Aloe Vera Pudding With Red Dragon Drug Addition As High Density Food Antioxidant For Type 2 Diabetes Mellitus Patients*)

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ABSTRACT

This study aims to produce Aloe Vera Pudding with the addition of Red Dragon Fruit Extract as a high antioxidant distraction. The experimental design used was a 2 factorial Complete Random Design (RAL 2 Factorial). Data processing to know the difference between antioxidant activity and organoleptic test in each treatment group will be analyzed using normality test by using Saphiro Wilk. The use of Shapiro Wilk test in this study used 24 samples. If the data is normally distributed, then use the type of test included in the parametric statistics. If it is not normally distributed, then use the test type included in the non-parametric statistics. The results showed an increase in antioxidant levels in each treatment of significant pudding. taste, color, aroma and texture but not affect the hedonic aroma, while the hedonic quality test affects the color, taste, and texture but does not affect the color hedonic quality. The best treatment of aloe vera pudding with the addition of red dragon juice is on treatment A3 / B2 with formulation (60% dragon fruit: 75%) aloe vera. Aloe vera pudding with red juice extract obtained by result of sineresis test by 20%, while pudding of x product equal to 9,3% so it can be concluded that x product more chewy than aloe vera puding with addition of dragon juice red puding with best treatment used as food a high-fiber interlude on various age groups can be given with a recommended pudding weight of 300 grams - 800 grams per day

Keywords: Antioxidant, Dragon Fruit, Aloe Vera, Pudding