

Study of Making Snack Bar with Substitution of Oyster Mushroom Flour as a Snack to Prevent Hypercholesterolemia

Destha Putri Amellindha

Clinical Nutrition Study Program

Department of Health

ABSTRACT

One of methods to prevention of hypercholesterolemia is consuming foods that contain fiber to help control blood cholesterol. Red bean flour can be used in making snack bars and can increase HDL cholesterol levels which good for the body. The addition of oyster mushroom flour contains high fiber in form of β -Glucan dietary fiber so that it can reduce cholesterol levels. This study aims to determined the nutritient content, especially fiber in snack bar with red bean flour and oyster mushroom flour as an alternative snack to prevent hypercholesterolemia. The experimental design used was a Completely Randomized Design. Determination of the formulation in this study by comparing the number of uses of red bean flour: oyster mushroom flour on the snack bar, namely P1 (85%: 15%); P2 (80% : 20%); P3 (75% : 25%); P4 (70% :30%) and P5 (65% : 35%) and each treatment is repeated 5 times. The results showed that each addition of oyster mushroom flour had a significant increase in the fiber content of snack bar. The hardness of snack bar in each treatment showed no significant difference. The result of organoleptic test showed that the color of each treatment was significantly different, while the parameters of taste, aroma, and texture showed no significant difference. The best treatment is found in P3 treatment with a formulation of 75% red bean flour : 25% oyster mushroom flour because it has the composition or nutrient content of fiber and organoleptic qualities that meet the intended purpose.

Keywords: Snack Bar, Oyster Mushroom Flour, Fiber