

**Making Red Guava Juice Moss Pudding as a Distraction for Preventing  
Degenerative Diseases**

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***ABSTRACT***

*In the current era of globalization, there have been advances in science and technology. But on the other hand, the impact of these advances can lead to changes in unhealthy consumption behavior and increase exposure that can endanger public health, thus triggering the emergence of degenerative diseases. Degenerative diseases are characterized by oxidative stress conditions, where oxidative stress is a condition that occurs due to an imbalance in the number of free radicals with the antioxidant defense system in the body. This study aims to examine the manufacture of guava moss pudding as a snack source of antioxidants. The design used was Completely Randomized Design (CRD) with 6 formulations, namely 10%: 90%, 20%: 80%, 30%: 70%, 40%: 60%, 50%: 50%, and 60%: 40%. with 4 repetitions. Based on the results of the study, there was no significant difference in the physical properties (hardness) test (sig 0.05). There was a significant difference (sig 0.05) against the organoleptic test of red guava juice moss pudding. The best treatment moss pudding with guava juice proportion of 40% and 60% water by ICvalue of<sub>50</sub> 72.37 ppm have potent antioxidant activity, characterized by hardness test for 2.34 N, pink, slightly sweet flavor, aroma somewhat guava red seeds, and a slightly soft texture. The nutritional composition of red guava moss pudding with energy of 127.67 kcal, 20.10 grams of carbohydrates, 3.19 grams of fat, 4.64 grams of protein, 0.89 grams of ash content, and 71.18 grams of water content. The serving dose of red guava juice moss pudding is 170 grams (2 cups) per consumption.*

***Keywords:*** Moss Pudding, Antioxidant Activity, Snacks, Serving Size.