

Abstract

Ismay Mandalika. Department of Health, Clinical Nutrition Studies Program, Polytechnic of Jember. Study for Bolu Steamed Cake Making Of Bran as an Alternative Food Hypercholesterolemia Patients interlude. Supervising Commission Ir. Rindiani, MP., Members: Devi Ermawati, S.Gz. M. Nutrition

The aim was to Assessing steamed sponge cake snack of rice bran as an alternative for patients with hypercholesterolemia with high-fiber diet therapy on the quality and nature of the energy content. This study was conducted using a comparison Wheat flour and wheat flour and Rice bran. ratio 100% wheat flour (control treatment), 90% of wheat flour: 10% rice bran, 80% wheat flour: 20% rice bran, 70% wheat flour: 30% bran , 60% of wheat flour: 40% rice bran, 50% wheat flour: 50% Rice bran done is each treatment was repeated four times. The results showed that in general this sponge cake steamed rice bran has been meeting the needs of calories from snack is needed every day. In this study steamed sponge cake bran can be used as an alternative snack for hypercholesterolemic patients with therapy - fiber diet (6.6 gram fiber content) From these results it can be seen that the fiber content sufficient for the fiber snack, steamed cakes of rice bran that can be used as an alternative snack for patients with hypercholesterolemia and comparison of wheat flour and bran are the most appropriate to use as a base for the manufacture of cakes steamed rice bran was the ratio 80%:20% (48 gram : 12 gram).

Keywords: Hypercholesterolemia, bran, Food interlude, steamed sponge cake bran