

Making Pudding With The Addition Of Dayak Onion Extract As A High Antioxidant Distraction For People With Diabetes Mellitus Type 2

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ABSTRACT

Diabetes mellitus is a disease that occurs due to metabolic disorders, especially carbohydrates due to lack of the hormone insulin, with the prevalence of events increasing every year. One of the treatment efforts that can be done in patients with type 2 diabetes mellitus is dietary modification. The purpose of this study was to examine Dayak onions in the manufacture of high antioxidant Dayak onion juice pudding as a snack for people with type 2 diabetes mellitus. The samples used were 6 samples with 4 repetitions. The research design used a completely randomized design (CRD) with 1 factor. The results showed that the higher the concentration of the Dayak onion juice, the higher the antioxidant activity and affect the organoleptic test both the hedonic and hedonic quality of the Dayak onion juice. The average antioxidant activity ranged from 19.39% to 34.82%. The conclusion of this study was that the concentration of Dayak onion juice had a significant effect (sig 0.05) on antioxidant activity. The best treatment assessment of the physical and organoleptic parameters of the Dayak onion juice pudding was P6 treatment (25% Dayak onion juice). Low syneresis was found at P6 with a syneresis value of 3.57%, high syneresis at P1 with a syneresis value of 1.42%.

Keywords: Diabetes mellitus type 2, Antioxidant, Dayak Onion, Syneresis