Abstrak

FORMULASI MAKANAN ENTERAL BERBAHAN DASAR TEPUNG KEDELAI, LABU KUNING, DAN PISANG SEBAGAI ALTERNATIF SELINGAN BAGI PENDERITA STROKE

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Latar Belakang : Stroke merupakan kondisi patologis yang dapat menyebabkan disfagia atau kesulitan menelan. Kondisi disfagia dapat menurunkan kemampuan dalam mengonsumsi makanan sehingga dapat berakibat pada malnutrisi, sehingga diperlukan enteral agar dapat membantu memenuhi asupan gizi penderita stroke. Penelitian ini bertujuan untuk mengetahui pengaruh proporsi tepung kedelai, labu kuning, dan pisang terhadap viskositas, hedonik, mutu hedonik, formula terbaik, dan proksimat formula terbaik.

Metodologi : Penelitian ini menggunakan metode Rancangan Acak Lengkap (RAL) dengan 3 proporsi formula enteral, dengan perbandingan tepung kedelai : tepung labu kuning : tepung pisang P1 (9 : 7 : 5), P2 (5 : 9 : 7), dan P3 (7 : 5 : 9). Beberapa analisis yang dilakukan adalah uji viskositas dengan *Viscometer Brookefield* NDJ-8S, uji organoleptik hedonik dan mutu hedonik pada 59 panelis, dan uji proksimat pada formula enteral terbaik.

Hasil Penelitian : Proporsi formula enteral berbahan dasar tepung kedelai, tepung labu kuning, dan tepung pisang berpengaruh nyata pada hedonik warna (p=0,000), aroma (p=0,014), tekstur (p=0,000), penampilan keseluruhan (p=0,000), mutu warna (p=0,000), mutu aroma (p=0,004), mutu tekstur (p=0,000), dan mutu penampilan keseluruhan (p=0,000). Tidak berpengaruh nyata pada parameter viskositas (p=0,235), rasa (0,883), dan mutu rasa (p=0,353). Formula enteral terbaik yaitu formula P2 dengan perbandingan tepung kedelai : labu kuning : pisang sebesar 5 : 9 : 7 dengan kandungan energi 347,4 kkal, protein 30 g, lemak 3 g, karbohidrat 50,2 g, air 16 g, dan abu 0,9 g.

Kesimpulan : Formula enteral bubuk berbahan dasar tepung kedelai, labu kuning, dan pisang sudah memenuhi syarat viskositas serta memiliki daya terima yang baik.

Kata Kunci : Enteral, Tepung Kedelai, Tepung Labu Kuning, Tepung Pisang, Stroke

Abstract

FORMULATION OF ENTERAL FOOD BASED ON SOY FLOUR, PUMPKIN, AND BANANA AS AN ALTERNATIVE SNACK FOR STROKE PATIENTS

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Background : Stroke is a pathological condition that can cause dysphagia or difficulty swallowing. Dysphagia can reduce the ability to consume food so that it can result in malnutrition, so enteral is needed to help meet the nutritional intake of stroke patients. This study aims to determine the effect of the proportion of soy flour, pumpkin, and banana on viscosity, hedonic, hedonic quality, best formula, and best formula proximate.

Methods : This study used a Completely Randomized Design (CRD) method with 3 proportions of enteral formula, with a ratio of soy flour: pumpkin flour: banana flour P1 (9: 7: 5), P2 (5: 9: 7), and P3 (7: 5: 9). Several analyzes were conducted, namely viscosity test with Brookefield NDJ-8S Viscometer, hedonic organoleptic test and hedonic quality on 59 panelists, and proximate test on the best enteral formula.

Result : The proportions of enteral formulas that included soy flour, pumpkin flour, and banana flour had a significant impact on various sensory attributes. These included hedonic color (p=0.000), aroma (p=0.014), texture (p=0.000), overall appearance (p=0.000), color quality (p=0.000), aroma quality (p=0.004), texture quality (p=0.000), and overall appearance quality (p=0.000). However, there were no significant effects observed on viscosity (p=0.235), taste (p=0.883), and taste quality (p=0.353). The best enteral formula was formula P2 with a ratio of soy flour: pumpkin: banana of 5:9:7 with an energy content of 347.4 kcal, 30 g protein, 3 g fat, 50.2 g carbohydrate, 16 g water, and 0.9 g ash.

Conclusion : Powdered enteral formula based on soy flour, pumpkin, and banana has met the viscosity requirements and has good acceptability.

Keywords : Enteral, Soybean Flour, Pumpkin Flour, Banana Flour, Stroke