

Abstrak

FLAKES WHOLE BANANA RAJA NANGKA SUBSTITUSI TEPUNG KECAMBAH KACANG MERAH SEBAGAI ALTERNATIF SARAPAN TINGGI SERAT UNTUK OBESITAS

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Latar Belakang: *Flakes whole banana raja nangka* substitusi tepung kecambah kacang merah merupakan alternatif sarapan tinggi serat untuk obesitas. Penelitian ini bertujuan menentukan proporsi tepung *whole banana raja nangka* dan tepung kecambah kacang merah yang menghasilkan *flakes* tinggi serat paling disukai dan mengetahui *per serving size* sarapan *flakes* penderita obesitas.

Metodologi: Penelitian eksperimental rancangan acak kelompok (RAK) 4 perlakuan tepung *whole banana raja nangka*: tepung kecambah kacang merah: pati garut yaitu kelompok kontrol F0 (95%:0%:5%), F1 (75%:20%:5%), F2 (65%:30%:5%), dan F3 (55%:40%:5%). Indeks efektivitas untuk menentukan formula terbaik berdasarkan organoleptik dan serat pangan. Data serat pangan dianalisis dengan uji F dan *Duncan's Multiple Range Test* 5%, data organoleptik dianalisis dengan uji *Friedman* dan Uji Banding Ganda 5%. Formula terbaik dianalisis proksimat dan ditentukan *perserving size* sarapan *flakes*.

Hasil Penelitian: Hasil penelitian menunjukkan pengaruh nyata pada variabel organoleptik kesukaan (warna, tekstur, aroma, dan rasa) ($p < 0,05$) kecuali pada kadar serat pangan ($p > 0,05$). Formula terbaik mengandung kadar serat 6,22% dan paling disukai dengan *perserving size flakes* untuk laki-laki sebanyak 129 g dan wanita sebanyak 105 g.

Kesimpulan: *Flakes* yang disukai adalah *flakes* dengan proporsi tepung *whole banana raja nangka*: tepung kecambah kacang merah: pati garut (55%:40%:5%) dengan kadar serat tinggi berpotensi mengatasi masalah obesitas.

Kata Kunci: Obesitas, *Flakes*, Sarapan, Serat, Proporsi

Abstract

WHOLE BANANA RAJA NANGKA FLAKES SUBSTITUTION WITH SPROUTED RED KIDNEY BEAN FLOUR AS AN ALTERNATIVE HIGH FIBER BREAKFAST FOR OBESITY

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Background: Whole banana raja nangka flakes substituted with sprouted red kidney bean flour was an alternative high fiber breakfast food for obesity. This study aimed to determine the best proportion that produces the most preferred high fiber flakes and knows the serving size of breakfast flakes for obese people.

Methods: This study was an experimental study randomized block design (RBD). There were 4 treated based on proportion whole banana raja nangka flour: sprouted red kidney bean flour: arrowroot powder F0 (95%: 0%: 5%), F1 (75%: 20% : 5%), F2 (65%: 30%: 5%), and F3 (55%: 40%: 5%). Index of effectiveness from organoleptic and dietary fiber content. Dietary fiber content were analyzed by F-Test and Duncan Multiple Range's Test 5%, organoleptic were analyzed by Friedman test and Dual Appeal Test 5%. The best formula was analyzed proximate and determined the serving size of breakfast flakes.

Results: The result of this study showed there was a significant effect on organoleptic variables ($p < 0,05$) except on fiber ($p > 0,05$). The preferred flakes contains 6,22% fiber with the serving size of 129 g for man and 105 g for woman.

Conclusion: The preferred flakes are flakes with proportion 55%: 40%: 5% and have fiber content potentially overcome obesity.

Keyword: Obesity, Flakes, Breakfast, Fiber, Proportion