

YELLOW PUMPKIN BASED ENTERAL FORMULATION AGAINST LOW GLYCEMIC INDEX LEVELS IN DIABETES MELLITUS PATIENTS AT PROF. DR. MARGONO SOEKARJO PURWOKERTO

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ABSTRACT

Background: Based on Riskesdas, there has been an increase in the prevalence of Diabetes Mellitus from 6.9% (2013) to 8.5% (2018). Nutrition is one of the factors that prevent DM complications. There are two types of formulas, namely commercial and non-commercial. Commercial formulas are relatively expensive and few use local food ingredients in hospitals. Yellow pumpkin is a food that is rich in nutrients. So non-commercial formulas can be made yourself using pumpkin. **Objective:** To develop a pumpkin-based enteral formula for DM patients at RSUD Prof. Dr Margono Soekarjo Purwokerto. **Method:** This type of research uses Research and Development (R&D). The research was conducted at the Nutrition Installation at Prof. RSUD. Dr. Margono Soekarjo Purwokerto, September 13 2023. The formulation is made from 50 gr of yellow pumpkin. There were 10 authors in this study. Ingredients include white tofu, pumpkin, rice flour, honey, skim milk, FCM milk, water, and a knife, cutting board, bowl, blender, food spoon, measuring cup, pan, digital scale, plastic cup, NGT tube, filter, star fruit glass. For data collection using primary data. Descriptive analysis, data presentation using tables, instruments using hedonic tests to see the level of liking. **Results:** An enteral formulation was developed with a nutritional value of 210.7 kcal of energy, 12.5 gr of protein, 4.1 gr of fat, 32.6 gr of carbohydrates, 3.1 gr of fiber. Viscosity 1.4 cP and Osmolarity 315 mOsm/L. Glycemic index 51.1 Ig. The price of food costs per day is IDR 29,070. Most of the researchers liked the color, aroma, taste and viscosity. So the non-commercial formula is suitable to be implemented as an alternative ingredient with nutritional content that meets the DM diet principles and is relatively cheap. **Conclusion:** Non-commercial formula has nutritional content according to needs, low glycemic index, viscosity and osmolarity meet standards, low cost and the researchers like the organoleptic test.

Keywords: Enteral Formula, Diabetes Mellitus, Yellow Pumpkin, Low Glycemic Index, Food Cost