

## ABSTRAK

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**Latar Belakang :** Pasien *cholelithiasis* dan *post* kolesistektomi dapat diberikan formula enteral rendah lemak untuk mengatasi penurunan nafsu makan karena gangguan gastrointestinal, namun dari segi harga produk formula enteral rendah lemak komersil kurang ekonomis.

**Tujuan:** Diperolehnya Formula Enteral Rendah Lemak Modifikasi (FERLM) untuk pasien *cholelithiasis*, mengetahui kandungan gizi, sifat fisik, sifat organoleptik, dan biaya pembuatan FERLM.

**Metode :** Metode penelitian yang digunakan yaitu penelitian eksperimental. Desain penelitian yang digunakan yaitu deskriptif komparatif

**Hasil :** Kandungan lemak FERLM memenuhi syarat kebutuhan lemak pasien *cholelithiasis* dan nilainya lebih rendah dibandingkan FERLK (Formula Enteral Rendah Lemak Komersil). Sifat fisik yaitu viskositas dan osmolalitas telah memenuhi standar formula enteral dan nilainya mendekati FERLK. Berdasarkan sifat organoleptik, sebagian besar panelis menyatakan suka terhadap rasa dan tekstur, agak suka terhadap warna dan tidak suka terhadap aroma FERLM. FERLM memiliki harga yang lebih ekonomis dibandingkan dengan FERLK.

**Kesimpulan :** Kandungan lemak FERLM lebih rendah daripada FERLK. Viskositas dan osmolalitas FERLM memenuhi syarat formula enteral dan nilainya mendekati FERLK. Sifat organoleptik yaitu warna serta aroma FERLM perlu perbaikan. FERLM lebih ekonomis daripada FERLK. Disarankan untuk melakukan analisis proksimat FERLM, membandingkan uji hedonik FERLM dengan FERLK serta menambah jumlah panelis uji hedonik.

**Kata Kunci :** *Cholelithiasis*, formula enteral rendah lemak

## ***ABSTRACT***

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**Background :** Patients with cholelithiasis and post-cholecystectomy can be given low-fat enteral formula to treat decreased appetite due to gastrointestinal disorders, but in terms of price, commercial low-fat enteral formula products are quite expensive.

**Objectives :** To obtain a Modified Low Fat Enteral Formula (FERLM) for cholelithiasis patients, to determine the nutritional value, physical characteristics, organoleptic characteristics, and costs of making FERLM.

**Method :** The research method used is experimental research. The research design used is comparative descriptive

**Results :** The fat content of FERLM meets the fat requirements of cholelithiasis patients and the value is lower than FERLK (Commercial Low Fat Enteral Formula). The physical properties, namely viscosity and osmolality, meet enteral formula standards and the value is close to FERLK. Based on organoleptic characteristics, most of the panelists stated that they liked the taste and texture, somewhat liked the color and did not like the aroma of FERLM. FERLM has a more economical price compared to FERLK

**Conclusions:** The fat content of FERLM is lower than FERLK. The viscosity and osmolality of FERLM meet the requirements of enteral formula and its value is close to FERLK. The organoleptic properties, namely the color and aroma of FERLM, need improvement. FERLM is more economical than FERLK. It is recommended to carry out a proximate analysis of FERLM, compare the FERLM hedonic test with FERLK and increase the number of hedonic test panelists.

**Keywords:** Cholelithiasis, low fat enteral formula