

ABSTRAK

Latar Belakang : Formula ini diberikan kepada pasien dengan kondisi khusus seperti penurunan kesadaran, tidak mampu makan sendiri, atau resiko aspirasi akibat *disfagia* yang menghalangi asupan oral, malnutrisi, dan gangguan gastrointestinal lainnya. Dibeberapa kasus tersebut sering ditemukan kadar LDL atau kolesterol tinggi. Sehingga membutuhkan makanan enteral dalam bentuk cair yang dibuat dengan bahan baku edamame. **Tujuan**: Mengetahui kandungan gizi, tingkat kesukaan, sifat fisik yaitu viskositas dan osmolalitas serta *food cost* formula enteral edamame. **Metode** : Deskriptif komparatif. **Hasil** : Kandungan gizi formula komersial lebih tinggi dibandingkan dengan formula enteral edamame namun apabila dibandingkan selisihnya tidak terlalu banyak. Dilihat dari tingkat kesukaan panelis memilih cukup pada rasa, aroma dan tekstur formula enteral edamame. Sifat fisik formula enteral edamame dilihat dari viskositasnya belum memenuhi syarat dan osmolalitas sudah memenuhi syarat standar formula enteral. *Food cost* formula enteral edamame lebih rendah dibandingkan dengan formula komersial. **Kesimpulan** : Kandungan gizi formula komersial lebih tinggi dibandingkan formula enteral edamame, dari segi rasa, aroma dan tekstur panelis memilih cukup. Sifat fisik secara viskositas belum memenuhi syarat standar namun dari segi harga formula enteral edamame lebih rendah.

Kata Kunci : Dislipidemia, Formula enteral, Edamame

ABSTRACT

Background : *This formula is given to patients with special conditions such as decreased consciousness, inability to feed themselves, or risk of aspiration due to dysphagia that prevents oral intake, malnutrition, and other gastrointestinal disorders. In some of these cases, high LDL or cholesterol levels are often found. So it requires enteral food in liquid form made from edamame as raw material.*

Objective : *Knowing the nutritional content, level of preference, physical properties namely viscosity and osmolality as well as the food cost of edamame enteral formula. **Method :** Comparative descriptive. **Result :** The nutritional content of the commercial formula is higher compared to the enteral edamame formula, but when compared, the difference is not too much. Judging from the level of preference, the panelists chose the taste, aroma and texture of the edamame enteral formula. The physical properties of the edamame enteral formula seen from its viscosity do not meet the requirements and the osmolality meets the standard requirements for enteral formula. The food cost of edamame enteral formula is lower compared to commercial formula. **Conclusion :** The nutritional content of the commercial formula is higher than the enteral edamame formula, in terms of taste, aroma and texture, the panelists chose it as sufficient. The physical properties in terms of viscosity do not meet standard requirements, but in terms of price, the edamame enteral formula is lower.*

Keywords : *Dyslipidemia, Enteral formula, Edamame*