

**PENGARUH VARIASI PENCAMPURAN TEPUNG SORGUM
TERHADAP TINGKAT KESUKAAN, KADAR PROKSIMAT DAN
SERAT PANGAN *SNACK BAR* SEBAGAI PRODUK ALTERNATIF
UNTUK PENCEGAHAN DIABETES MELLITUS**

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ABSTRAK

Latar Belakang : Diabetes Mellitus merupakan kategori penyakit tidak menular yang menjadi masalah kesehatan masyarakat, baik secara global, nasional maupun lokal. Prevalensi diabetes mellitus usia ≥ 15 tahun di Indonesia berdasarkan hasil Riset Kesehatan Dasar (Riskesdas) pada tahun 2018 sebesar 8,5%, sedangkan prevalensi diabetes mellitus berdasarkan hasil Riskesdas tahun 2013 sebesar 6,9%. Hal ini menunjukkan bahwa terdapat kenaikan sebesar 1,6% pada jangka waktu lima tahun terakhir. Tepung sorgum memiliki kandungan gizi per 100 g yaitu energi 366 kkal, protein 5,1 g, lemak 3,3 g, dan karbohidrat 73%, dan serat 6,3%. Kandungan serat pangan pada tepung sorgum memiliki manfaat untuk kesehatan, yaitu salah satunya untuk pencegahan diabetes mellitus yang akan dimanfaatkan sebagai bahan pencampuran *snack bar*

Tujuan: Mengetahui pengaruh variasi pencampuran tepung sorgum terhadap sifat fisik, tingkat kesukaan, kadar proksimat, dan kadar serat pangan *snack bar*.

Metode : Penelitian ini merupakan jenis penelitian eksperimental dengan rancangan acak sederhana. Terdapat 4 perlakuan dengan perbandingan tepung sorgum dan terigu 0%:100%, 60%:40%, 50%:50%, dan 40%:60%. Data uji sifat fisik dianalisis dengan cara deskriptif. Uji organoleptik dianalisis dengan uji statistik *One Way Anova* dan apabila terdapat perbedaan dilanjutkan dengan uji *Duncan*. Kadar proksimat dan kadar serat pangan dianalisis dengan uji statistik deskriptif.

Hasil Penelitian: Produk *snack bar* memiliki kadar serat pangan sebesar 3,71%. Pencampuran tepung sorgum berpengaruh pada tingkat kesukaan panelis terhadap warna, aroma, tekstur, dan rasa. Pencampuran tepung sorgum juga mempengaruhi kadar proksimat pada *snack bar*.

Kesimpulan : Terdapat pengaruh variasi pencampuran tepung sorgum terhadap sifat fisik, tingkat kesukaan, kadar proksimat, dan kadar serat pangan pada *snack bar*

Kata Kunci: *snack bar*, sorgum, tingkat kesukaan, proksimat, serat pangan

EFFECT OF SORGHUM FLOUR MIXING VARIATIONS ON ORGANOLEPTIC PROPERTIES, PROXIMATE CONTENT AND SNACK BAR DIETARY FIBER AS ALTERNATIVE PRODUCTS FOR PREVENTION OF DIABETES MELLITUS

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ABSTRACT

Background: Diabetes Mellitus is one of non-communicable diseases which is a public health problem, both globally, nationally and locally. The prevalence of diabetes mellitus aged ≥ 15 years in Indonesia based on the results of the Basic Health Research (Riskesdas) in 2018 was 8.5%, while the prevalence of diabetes mellitus based on the results of Riskesdas in 2013 was 6.9%. This shows that there has been an increase of 1.6% in the last five years. Every 100 g of sorghum flour has nutritional value of 366 kcal energy, 5.1 g protein, 3.3 g fat, and 73% carbohydrate, and 6.3% fiber. Dietary fiber content in sorghum flour has health benefits, one of which is for the prevention of diabetes mellitus which will be used as a snack bar mixing material

Objective: To determine the effect of sorghum flour mixing variations on physical characteristic, hedonic level, proximate content, and dietary fiber content of *snack bar*.

Methods: This research was an experimental research with a simple randomized design. There are 4 treatments with the ratio of sorghum flour and wheat flour 0%: 100%, 60%: 40%, 50%: 50%, and 40%: 60%. Physical characteristic test data were analyzed in a descriptive method. The organoleptic test was analyzed with the One Way Anova statistical test and if there were differences then continued with the Duncan test. Proximate content and dietary fiber content were analyzed by descriptive statistical tests.

Results: Snack bars have dietary fiber content of 3.71%. The mixing of sorghum flour influences the panelist's preference level for color, aroma, texture, and taste. The mixing of sorghum flour also affects proximate content in the snack bars.

Conclusion: There was an effect of sorghum flour mixing variations on physical characteristic, hedonic level, proximate content, and dietary fiber content on snack bars.

Keywords: snack bars, sorghum, organoleptic properties, proximate, dietary fiber