ABSTRAK

Pengembangan Formula Enteral DM B1 'Teligum' dengan Substitusi Tepung Sorgum di RSUD Dr. Soetomo Surabaya

XIV + 57 halaman + 14 tabel + 4 gambar + 4 lampiran

Latar Belakang: Pemberian formula enteral melalui oral maupun *tube feeding* merupakan salah satu upaya untuk memenuhi kebutuhan gizi pasien DM. Tepung sorgum menjadi salah satu bahan pangan yang berpotensi menjadi substitusi pada pengembangan formula enteral pasien DM. Penelitian ini bertujuan untuk mendapatkan resep modifikasi dari pengembangan formula enteral DM B1 milik RSUD Dr. Soetomo Surabaya.

Metode: Penelitian ini menggunakan metode deskriptif komparatif. Kandungan zat gizi yang diperoleh dari hasil analisis zat gizi bahan makanan dengan menggunakan Tabel Komposisi Pangan Indonesia. Skor Asam Amino (SAA) diketahui dengan perhitungan jumlah asam amino esensial. Mutu hedonik diperoleh dari hasil uji hedonik oleh 20 panelis agak terlatih. Densitas dan viskositas diperoleh dengan cara perhitungan densitas dan uji viskositas. Serta *food cost* diketahui dengan menggitung akumulasi harga dari berat kotor serta bahan-bahan yang digunakan.

Hasil: Formula enteral modifikasi memiliki bahan penysuun yang berbeda yaitu tidak menggunakan tepung maizena dan terdapat substitusi tepung sorgum. Komposisi zat gizi karbohidrat, protein, dan lemak formula enteral modifikasi lebih mendekati prinsip dan syaray diet DM B1. Skor Asam Amino formula enteral modifikasi tidak memiliki perbedaan dengan formula enteral rumah sakit. Densitas dan viskositas formula enteral modifikasi sesuai dengan syarat densiats dan viskositas formula enteral. Formula enteral modifikasi disukai dari segi warna,a roma, dan rasa, serta agak disukai dari segi kekentalan. Formula enetral modifikasi memiliki harga yang lebih murah.

Kesimpulan: Setelah dilakukan analisis terhadap formula enteral modifikasi, dapat disimpulkan bahwa terdapat perbedaan komposisi zat gizi, densitas dan viskositas, mutu hedonik, serta food cost, tetapi tidak terdapat perbedaan skor asam amino.

Kata kunci: formula enteral, diabetes mellitus, tepung sorgum

Kepustakaan: 46 (2014-2024)

ABSTRACT

DM B1 'Teligum' with Substitution of Sorghum Flour at RSUD Dr. Soetomo Surabaya

XIV + 57 pages + 14 tables + 4 figures + 4 appendices

Background: *Enteral formula given via oral or tube feeding is one therapy to meet the nutritional needs of DM patients. Sorghum flour is a food ingredient that has the potential to be a substitute in developing enteral formulas for DM patients. This study aims to determine the comparison between the modified DM Bl enteral formula and the DM B1 enteral formula belonging to RSUD Dr. Soetomo Surabaya.*

Methods: *This research used a descriptive comparative method. Nutrient content was obtained from the analysis of food nutrient content using the Indonesian Food Composition Table. Amino Acid Score (AAS) was determined by calculating the amount of essential amino acids. Hedonic quality was assessed by 20 slightly trained panelists. Density and viscosity were determined through density calculation and viscosity testing. Food cost was determined by calculating the accumulated price of the raw materials used.*

Results: The modified enteral formula differed in its ingredients from the hospital's enteral formula, as it does not use maize flour but substitutes sorghum flour instead. The nutrient composition of carbohydrates, proteins, and fats in the modified enteral formula closely adhered to the principles and dietary requirements of DM B1. The Amino Acid Score of the modified enteral formula did not differ from that of the hospital's enteral formula. Density and viscosity of the modified enteral formula differed from those of the hospital's formula but still met the required density and viscosity criteria for enteral formula. The modified enteral formula was preferred in terms of color, aroma, and taste, and slightly preferred in terms of thickness. Additionally, the modified enteral formula was cheaper than the hospital's enteral formula.

Conclusion: *Based on the analysis of the modified enteral formula and the hospital's enteral formula, differences were found in the ingredients, nutrient composition, density, viscosity, hedonic quality, and food cost, but no difference was found in the Amino Acid Score.*

Keywords: *enteral formula, diabetes mellitus, sorghum flour*

References: 46 (2014-2024)