

CAMEROONIAN COOKIES AS A HEALTHY SNACK TO PREVENT DIABETES MELLITUS

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ABSTRACT

Background: Diabetes mellitus in the world and in Indonesia has increased annually, based on data obtained from the International Diabetes Federation (OIDF). Diabetes mellitus is predicted to continue to increase to reach 578 million in 2030 and 700 million in 2045. **Objective:** To determine the nutritional value, glycemic index, antioxidant value, and reduction of blood glucose in experimental animals with diabetes mellitus. **Research Method:** This type of research is a true experimental research. The research was conducted at the Food Technology Laboratory of the Nutrition Department of the Ministry of Health Polytechnic of Yogyakarta and the PAU Laboratory of UGM Yogyakarta. Camerunis cookies are produced from the main ingredients of wheat flour, mocaf flour, brown rice flour and cinnamon. Camerunis cookies were analyzed for nutritional value, antioxidant value, glycemic index value, and blood glucose reduction in experimental animals. **Results:** Camerunis cookies have a protein content of 5.15%, fat 32.49% and carbohydrate 56.11%. Camerunis cookies have an average glycemic index value of 5.99 IG. The results of the antioxidant test showed a value of 27.6 µg/mL. There was a decrease in blood glucose levels in experimental animals by 41.55 mg/dl every week. **Conclusion:** Camerunis cookies have met the 1992 SNI standard. Camerunis cookies have an average low glycemic index value (<55 IG) and high antioxidant content. Camerunis cookies can reduce blood glucose levels in test animals by 41.55 mg/dl every week.

Keywords: Cameruni Cookies, Diabetes Mellitus, Glycemic Index, Antioxidants

COOKIES CAMERUNIS SEBAGAI SELINGAN SEHAT PENCEGAH PENYAKIT DIABETES MELITUS

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ABSTRAK

Latar Belakang: Diabetes mellitus di dunia maupun di Indonesia pertahunnya mengalami peningkatan, berdasarkan data yang diperoleh dari *Organisasi International Diabetes Federation* (O IDF). Diabetes mellitus diprediksi akan terus meningkat hingga mencapai 578 juta pada tahun 2030 dan 700 juta di tahun 2045, **Tujuan:** Diketuinya nilai gizi, indek glikemik, nilai antioksidan, dan penurunan glukosa darah pada hewan coba diabetes mellitus. **Metode Penelitian:** Jenis penelitian ini merupakan penelitian *true experimental*. Penelitian dilakukan di Laboratorium Teknologi Pangan Jurusan Gizi Poltekkes Kemenkes Yogyakarta dan Laboratorium PAU UGM Yogyakarta. *Cookies camerunis* diproduksi dari bahan utama tepung terigu, tepung mocaf, tepung beras merah dan kayu manis. *Cookies Camerunis* dianalisis nilai gizi, nilai antioksidan, nilai indeks glikemik, dan penurunan glukosa darah pada hewan coba **Hasil Penelitian:** *Cookies Camerunis* mempunyai kandungan protein sebesar 5,15%, lemak 32,49% dan karbohidrat 56,11%. *Cookies Camerunis* memiliki nilai rata-rata Indeks glikemik sebesar 5,99 IG. Hasil uji antioksidan menunjukkan nilai sebesar 27,6 µg/mL. Terdapat penurunan kadar glukosa darah pada hewan coba sebesar 41,55 mg/dl setiap minggunya. **Kesimpulan :** *Cookies Camerunis* telah memenuhi standar SNI 1992. *Cookies Camerunis* memiliki nilai rata-rata Indeks glikemik yang rendah (<55 IG) dan kandungan antioksidan yang tinggi. *Cookies Camerunis* dapat menurunkan kadar glukosa darah hewan coba sebesar 41,55 mg/dl setiap minggunya.

Kata Kunci: *Cookies Cameruni*, Diabetes Mellitus, Indeks Glikemik, Antioksidan