

RAHMA APRILIA, 16S10197

PENGARUH PROPORSI LIDAH BUAYA (*Aloe Vera*) DAN JERUK SIAM BANJAR (*Citrus Reticulata*) TERHADAP KADAR VITAMIN C, KADAR SERAT KASAR SERTA DAYA TERIMA PUDING SEBAGAI MAKANAN ALTERNATIF PENDERITA HIPERKOLESTEROLEMIA

Skripsi, Program Studi S1 Gizi, 2020
(xvii + 102)

Hiperkolesterolemia adalah suatu penyakit kronis yang memerlukan strategi dan penanganan. Salah satu penanganannya adalah dengan pemberian makanan alternatif atau makanan selingan seperti puding. Hiperkolesterol merupakan suatu penyakit kronis, dimana kadar kolesterol total darah melebihi nilai normal mencapai ≥ 200 mg/dl. Kadar kolesterol dapat diturunkan dengan mengatur asupan zat gizi makro dan mikro salah satunya vitamin C dan serat. Jeruk siam banjar banyak mengandung vitamin C dan lidah buaya banyak mengandung serat. Jeruk siam banjar dan lidah buaya dapat diolah menjadi puding. Tujuan dari penelitian ini adalah untuk menganalisis kandungan vitamin C, serat kasar dan daya terima puding lidah buaya dan jeruk siam banjar sebagai makanan alternatif penderita hiperkolesterolemia. Pada penelitian dilakukan uji vitamin C dan serat kasar dengan perbandingan proporsi air lidah buaya dan jeruk siam banjar (100%:0%:0%, 69%:9%:22%, 69%:7%:24%, 69%:6%:25%). Berdasarkan hasil penelitian kandungan vitamin C tertinggi adalah P3 5,5 mg dengan proporsi (69%:6%:25%) dan serat kasar tertinggi adalah P1 1,4 g dengan proporsi (69%:9%:22%). Analisis *one way anova* mengatakan bahwa ada pengaruh proporsi terhadap vitamin C dan ada pengaruh proporsi terhadap kandungan serat kasar. Analisis *Friedman* pada daya terima adalah warna, aroma, tekstur, dan rasa yang berarti ada pengaruh puding lidah buaya dan jeruk siam banjar terhadap daya terima puding. Daya terima puding meliputi warna, aroma, tekstur dan rasa yang tertinggi yaitu pada perlakuan P3 meliputi warna dan aroma, pada perlakuan P1 meliputi tekstur, dan yang terakhir perlakuan P3 meliputi rasa. Penderita hiperkolesterolemia dapat mengonsumsi puding lidah buaya dan jeruk siam banjar sebagai makanan alternatif sebanyak 3 cup/hari.

Kata Kunci : Lidah Buaya, Jeruk Siam Banjar, Vitamin C, Serat Kasar, Daya Terima, Hiperkolesterolemia

ABSTRACT

RAHMA APRILIA, 16S10197

THE EFFECTS OF PROPORTION ALOE VERA AND SIAM ORANGE BANJAR ON VITAMIN C LEVELS, COARSE FIBER LEVELS AND RECEIVING POWER OF PUDDING AS ALTERNATIVE FOOD FOR HYPERCHOLESTEROLEMIA

THESIS. BACHELOR OF NUTRITION STUDY PROGRAM 2020
(xvii + 102)

Hypercholesterolemia is a chronic illness that requires strategy and management. One approach to treatment is to provide alternative foods or desserts such as pudding. Hypercholesterol is a chronic illness in which the blood's cholesterol level exceeds normal value is at a rate of ≥ 200 milligrams Or deciliter. Cholesterol levels can be lowered by regulating the intake of macro and micro nutritions one of them is vitamin c and fiber. The siam orange banjar contains a lot of vitamin c and aloe vera contains a lot of fiber. siam orange banjar and aloe vera can be made as pudding. In this study, tests of vitamin C and crude fiber were carried out with a ratio of the proportion of aloe vera water and siam banjar (100%: 0%: 0%, 69%: 9%: 22%, 69%: 7%: 24%, 69%: 6%: 25%). Based on the research results, the highest vitamin C content was P3 5.5 mg with the proportion (69%: 6%: 25%) and the highest crude fiber was P1 1.4 g with the proportion (69%: 9%: 22%). One way ANOVA analysis says that there is an effect of proportion on vitamin C and there is an effect of proportion on crude fiber content. Friedman's analysis of the acceptability is color, aroma, texture, and taste, which means that there is an effect of Aloe vera pudding and siam banjar on the acceptability of pudding. The acceptance of pudding includes the highest color, aroma, texture and taste, namely the P3 treatment includes color and aroma, the P1 treatment includes texture, and the last P3 treatment includes taste, hypercholesterolemic sufferers can consume aloe vera pudding and siam banjar orange as an alternative food. as much as 3 cups / day.