

ABSTRACT



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PRODUCT DEVELOPMENT OF BEVERAGES FROM GRASS JELLY (*Premna oblongifolia* L Merr) WITH BEET (*Beta vulgaris*) FOR TEENAGERS

xiii, Chapter VI, 86 Pages, 13 Tables, 10 Image

Background: Teenagers need higher nutrients, increased physical growth and development, lifestyle changes and teenagers eating habits affect both intake and nutritional needs. According to Riskesdas (2007) as many as 93.6% of early teenagers aged 10-14 years and 93.8% of late teens aged 15-20 years less to eat vegetables and fruits. Can be overcome with a drink made from natural ingredients.

Objective: To know the content of fiber and nutrients as well as the acceptance of cincau beverage with additional beet, broccoli, and soursop.

Method: This study was experimental using 3 grass jelly formulations, beets, broccoli, F1 (70g:20g:10g), F2 (75g:15g:10g) and F3 (80g:10g:10g) with the addition of 30% soursop. The three formulations tested the nutritional value of fiber content and proximate value. and then, the organoleptic test by semi-trained panelists were 35 people using VAS (*Visual Analog Scale*). Data analysis using *One Way Anova*.

Result: Treatment of F3 with addition, 10g beet, broccoli 10g, and 30% soursop was the most preferred treatment of panelists. In addition to the hedonic parameters: taste and texture, it gives significant effect ($p < 0.05$) ie color (65.08 ± 11.59), aroma (68.85 ± 08.53) and whole (65.54 ± 09.21). Parameters of hedonic quality: taste and texture, gave significant effect ($p < 0.05$) color (57.86 ± 14.03) and aroma (58.49 ± 11.27). Proximate results in % Carbohydrates (1.65 ± 0.01), Protein (0.14 ± 0.01), Fat (0.19 ± 0.01), Fiber (1.48 ± 0.01), Moisture (97.81 ± 0.01) and Ash Content (0.21 ± 0.01).

Conclusion: Chopped with beetroot product result fiber content of 1.48% and this product can be said fiber source if consumed per 250 ml or about 3.7 g fiber. This is in accordance with BPOM.

Keywords: Grass jelly (*Premna oblongifolia* L merr), beet (*Beta vulgaris*), Teenagers.