## ABSTRACT

NUTRITION STUDIES PROGRAM FACULTY OF HEALTH SCIENCE ESA UNGGUL UNIVERSITY UNDERGRADUATE THESIS, Februari 2018 KARTIKA RESTIANA

## "MAKING NATA DE STRAWBERRY (Fragaria x ananassa) AS A ALTERNATIVE FOOD PRODUCT WITH HIGH-ANTIOXIDANT"

## VI chapters, 116 pages, 11 tables, 4 graphs, 6 figures

Indonesia as a developing country has limitations in health problems, where the prevalence of degenerative diseases is increasing. Various scientific evidence suggests that antioxidant compounds reduce the risk of degenerative diseases. Strawberry fruit has the potential to be developed because it contains high antioxidant activity. Purpose Make nata de strawberry with the addition of gelatin. Methods Experimental research with 4 treatments. The organoleptic test using VAS (Visual Analog Scale) method was performed by 30 somewhat trained panelists. Statistical analysis using One Way ANOVA with Bonferroni advanced test. The results showed the addition of different strawberries and gelatin gave a real effect ( $p \le 0.05$ ) on the quality and content of antioxidant activity on nata de strawberry. Treatment with the addition of 200g of strawberries and 20g gelatin resulted in the highest antioxidant activity value of 94.51 ppm. While the results of the acceptance test nata de strawberry treatment with the addition of 200g and 20gg strawberries gelatin 20g is the most preferred nata de strawberry as a whole. Conclusion The more strawberry and gelatin juice additions the higher the value of the antioxidant activity. Further research is expected to test the life of nata de strawberry product to know the level of product endurance, the addition of taste to nata de strawberry product and TPC test (Total Plate Count).

Keywords: Gelatin, Strawberry, Antioxidant, Nata De Strawberry Referens: 68 (1969-2017)

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