

## ABSTRACT



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Adolescence is the optimal stage of determining the health of the body when entering adulthood. According to Riskesdas (2013), the population in Indonesia aged  $\geq 10$  years is said to consume less fruits and vegetables. Therefore, made jam products made from chayote and pakcoy. Chayote (*Sechium edule Sw.*) has a high water content and anti-inflammatory content. Pakcoy (*Brassica chinensis L.*) is a type of vegetable that contains high beta carotene. The purpose of this study is to make vegetable products as an alternative consumption. The study was conducted experimentally using a completely randomized design method (CRD) with 5 treatments and 2 repetitions. Data obtained using ANOVA and Duncan methods. The results showed a significant effect on color, flavour, energy, total ash, moisture, total fat, carbohydrate, protein, crude fiber, viscosity and specific gravity. Insignificantly affect the texture, taste and total sugar content. In the four categories of organoleptic test formulations the most preferred is formula C1. In the analysis of the nutritional value of energy, fat, carbohydrate has a lower value, almost equivalent fiber content and high protein content compared to the type of fruit jam. In sugar levels found in chayote and pakcoy jam including low than SNI quality standard is 55%. In SNI requirements (Min. 65) the results of the viscosity of all formulations comply the viscosity requirements, except formula C5. The results of the physical properties of the specific gravity/sample weight on the highest jam packaging are found in the C4 formulation. In the next study it was expected that testing for durability, microbial contamination, metal contamination, arsenic contamination, pH, titrated acid total and total dissolved solids.

*Keywords: Jam, Chayote, Pakcoy, Nutritional Value*