

ABSTRACT

KHOLIFATUL NISSA'. 2023. *Formulation of Purple Sweet Potato Flour (Ipomoea batatas) and Green Bean Sprout Flour (Vigna radiata) on Nutritional Quality and Organoleptic Quality of Snack bar for Patients with Diabetes Mellitus Type 2.* SKRIPSI. Politeknik Kesehatan Kemenkes Malang. Supervisor: Ir. Astutik Pudjirahaju, M.Si and I Komang Suwita, S. TP., M.P

The prevalence of diabetes mellitus in Indonesia reached 41.8 thousand people in 2022. One of the pillars of DM management that can be done is through dietary management or diet with small and frequent portions, so that in addition to the main food, a side dish is needed to meet nutritional needs and help control blood glucose. The purpose of the study was to analyze the nutritional quality (water content, ash content, protein content, fat content, carbohydrate content, energy, and fiber content), organoleptic quality (color, aroma, texture, and taste), and the best treatment for purple sweet potato flour and mung bean sprout flour snack bars as an alternative side dish for patients with type 2 diabetes mellitus. The research method used experimental with the research type of Completely Randomized Design (CRD) using 3 levels of treatment. The proportion of purple sweet potato flour and mung bean sprout flour: P1 (80:20), P2 (70:30), and P3 (60:40). The results of the study based on the calculated value showed that the P3 treatment level had higher water content, ash content, protein content, fat content, carbohydrate content, energy, and fiber content than P1 and P2. The results showed no significant difference ($p>0.05$) on organoleptic quality, namely color, aroma, taste, and texture based on the results of the Kruskal Wallis SPSS test. The P3 treatment level is the best treatment level with a proportion of 60% purple sweet potato flour: 40% green bean sprout flour.

Keyword: *snack bar; purple sweet potato flour, green bean sprout flour, diabetes melitus*