

ABSTRACT

INDRA KURNIA BAGYO. 2023. Innovative Cookie Enterprise Replacement White Rice Bran, Purple Sweet Potato Flour and Soybean Tempeh Flour for Obesity Sufferers. Scientific Writing, D3 Nutrition Study Program, Politeknik Kesehatan Kemenkes Malang. Supervisor: Theresia Puspita STP, MP, RD

The aim of this research is to develop a balanced dietary product that can be consumed by people suffering from obesity. To find out how well new food products like cookies that replace white rice, purple strawberry flour, and soya tempe flour are accepted by people who are obese. The most common snacks consumed by all age groups are cookies. However, high-fiber and low-fat cookies are still not popular among obese people. Therefore, innovation is needed to make a snack product that replaces white rice cloves, purple strawberry flour, and healthy soya meal that has good nutritional value for obese people. For the price assessment of cookies replacement products white rice, purple peanut flour and soya tempe flour, 5 people chose the "likes" scale and 39 chose the scale "very likes". For the taste assessment of cookies replacement white rice, purple peanut flour and soya tempe flour, 17 people chose the "likes" scale and 27 people chose a "very likes".

Keywords: cookies, obesity, tempe flour, products