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FOOD RESEARCH

26th November 2021

Authors: Bintanah, S., Hagnyonowati and Jauharany, F.F.

Manuscript title: Optimization of Talas Beneng (*Xanthosoma undipes* K.Koch) Flour for Low Glycaemic Index and High Fibre Snacks for Type 2 DM Patients

Manuscript ID: FR-2021-953

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Optimization of Talas Beneng (*Xanthosoma undipes* K.Koch) Flour for Low Glycemic Index and High Fiber Snacks for Type 2 DM Patients

¹Sufiati Bintanah, S., ²Hagnyoniwati, ³Jauharany, F.F.

¹Nutrition Study Program at Muhammadiyah University of Semarang, Central Java, Indonesia

²Dr. Kariadi Hospital, Semarang, Central Java, Indonesia

*Corresponding author: sofi@unimus.ac.id

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Author No. 3: 0000-0001-9471-9419

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Talas beneng flour contains low carbohydrates and high fiber that can be used as snacks for type 2 DM patients. This study aims to find the best and preferred nutritional value of Talas Beneng flour with various variations. This type of research is descriptive with two different treatments. The current research aimed to investigate the effect of different treatments (steaming then drying, and drying) on glycemic index and fiber content of Talas Beneng flour. Analysis of water content using the AOAC method. Analysis of Crude Fiber Content using the Gravimetric method. Measurement of fat content using the Soxhlet extraction method, protein analysis using the micro Kjeldahl methods, carbohydrate analysis using the Luff School method. Organoleptic testing uses the scoring method. The results of the analysis are presented descriptively. The results showed, Talas Beneng flour with drying treatment produced organoleptic characteristics that were most favored by the panelists, with the characteristics of having a bright light brown color (value 3.98 scale 5), savoury aroma (value 3.97 scales 5), and slightly rough (score 3.92 on a scale of 5). The results of the analysis of nutrients in Talas Beneng flour with the drying method resulted in lower moisture content of 9.89%, higher protein content of 9.29%, lower fat content of 0.8%, lower carbohydrate content of 26.56%, higher fiber content of 14.3%, and starch content of 18.03% compared to the steaming and then drying method. The best Talas Beneng flour was from the drying method, because it has a low carbohydrate content, high protein, low fat, high fiber, and sufficient starch that can be used as a food product to control blood sugar levels such in DM patients.

Keywords: Diabetes Mellitus, Fiber, Glycemic Index, Starch, Talas Beneng

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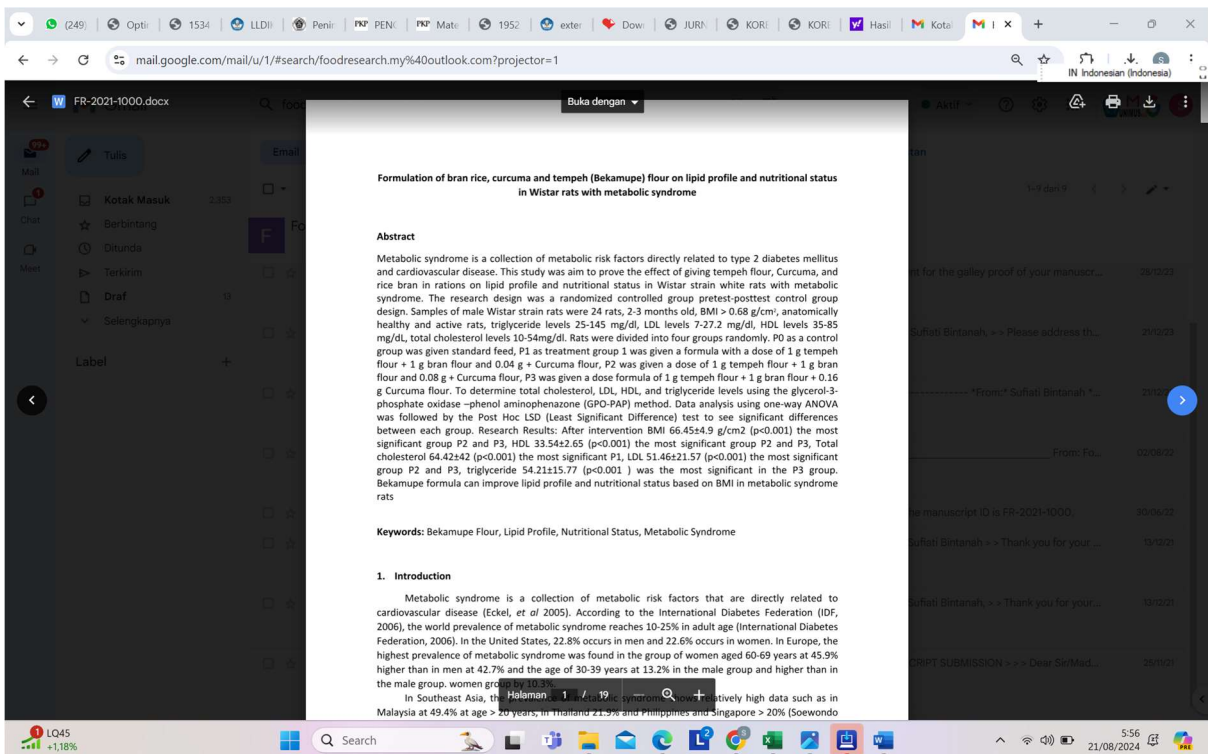
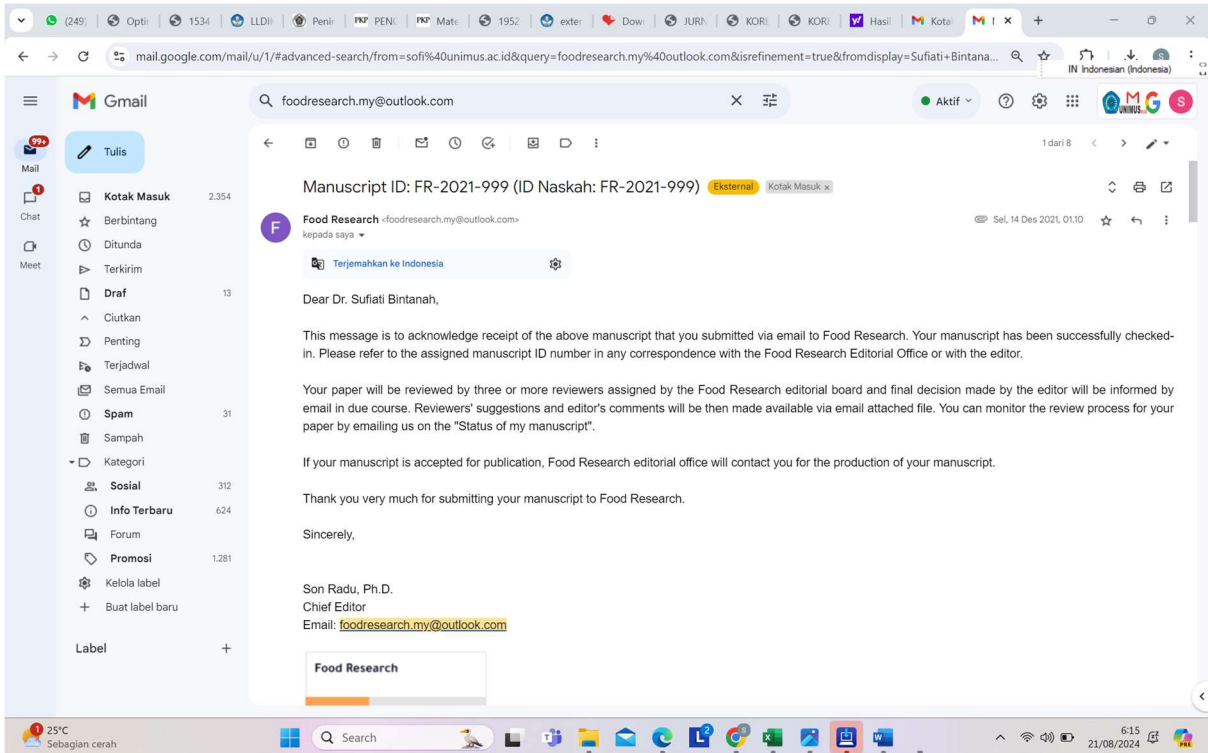
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29th July 2022

Dear Dr Bintanah,

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Food Research is pleased to inform you that the following manuscript has been accepted for publication in Food Research journal.

Manuscript Title : Optimization of low carbohydrate and high fibre Talas Beneng (*Xanthosoma undipes* K.Koch) flour for type 2 DM patients

Authors : Bintanah, S., Hagnyonowati and Jauharany, F.F.

We thank you for your fine contribution to the Food Research journal and encourage you to submit other articles to the Journal.

Yours sincerely,



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¹*Bintanah, S., ²Hagnyonowati, ³Jauharany, F.F.

¹Nutrition Study Program at Muhammadiyah University of Semarang, Central Java, Indonesia

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*Corresponding author: sofi@unimus.ac.id

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Keywords:
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1. Introduction
Diabetes mellitus (DM) is a group of metabolic diseases characterized by increased blood sugar levels (hyperglycaemia) due to insulin abnormalities, insulin action, or a combination of insulin abnormalities and insulin action. According to Puspitaningrum's (2015) research, one of the factors that cause DM is genetic (Borodito, Puspitaningrum, et al., 2015). While the prevalence of DM in 2012 was 371 million people, where the proportion of type 2 diabetes mellitus was 8.3% and there was an increase of 12.70% in 2017 to 425 million people and it is estimated that there will be an increase to 643 million people in 2030 and is the seventh leading cause of death in the world (International Diabetes Federation, 2021). Meanwhile in Southeast Asia, from 82 million in 2017, it is estimated that there

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