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**“Indeks Glikemik Dan Beban Glikemik Pada Olahan Bolu Kukus Dan Cookies
Formula Modisco (Modified Dried Skimmed Milk And Coconut Oil) Labu Kuning
(Cucurbitamoschata Durch)”**

ABSTRAK

Latar Belakang : Modisco (Modified Dried Milk and Coconut Oil) merupakan makanan cair tinggi kalori serta protein yang dapat dijadikan sebagai alternatif makanan tambahan. Penelitian pendahuluan menunjukkan formula Modisco memiliki masa guna dan pakai yang rendah. Modifikasi formula dengan penambahan labu kuning dan produk baru bolu kukus dan cookies berbasis Modisco dimaksudkan untuk menambah variasi serta menambah masa guna dan pakai dari Modisco. Produk bolu kukus dan cookies dapat dijadikan alternatif kudapan rendah indeks glikemik dan beban glikemik.

Tujuan : Mendeskripsikan indeks glikemik dan beban glikemik bolu kukus dan cookies berbahan dasar Modisco (*Modified Dried Milk and Coconut Oil*) labu kuning (*Cucurbitamoschata Durch*)

Metode : Penelitian ini menggunakan design eksperimental *invivo invitro*. Subyek dalam penelitian ini merupakan mahasiswa Ngudi Waluyo. Responden dalam penelitian ini berjumlah 10 orang dengan inklusi rentang usia 17-25 tahun, memiliki IMT normal (18.5-22.9 kg/m²), Gula Darah Puasa (GDP) 70-100 mg/dl, dan tidak memiliki riwayat Diabetes Melitus (DM). Responden diminta untuk melakukan puasa setidaknya 10-12 jam dan tidak melakukan aktivitas berat selama penelitian. Pemeriksaan glukosa darah dilakukan pada pagi hari selama 2 jam berturut-turut. Setelah pengambilan data glukosa darah, data yang didapatkan kemudian diolah untuk mendapatkan nilai indeks glikemik dan beban glikemiknya.

Hasil : Produk bolu kukus memiliki nilai indeks glikemik 23.00% dan beban glikemik 5.75, sedangkan pada produk cookies memiliki nilai indeks glikemik 38.9% dan beban glikemik 9.75.

Simpulan : Nilai indeks glikemik dan beban glikemik produk bolu kukus dan cookies masuk dalam kategori rendah.

Kata Kunci : Indeks Glikemik; Beban Glikemik; Bolu Kukus; Cookies; Modisco; Labu Kuning

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Glycemic Index And Glycemic Load On Processd Yellow Pumpkin (*Cucurbitamoschata* Durch) Modisco (*Modified Dried Skimmed Milk And Coconut Oil*) Steamed Sponge Cake And Cookies

ABSTRACT

Background : Modisco (Modified Dried Milk and Coconut Oil) is a high calorie and protein liquid food that can be used as an alternative food additive. Preliminary research shows the Modisco formula has a low shelf life and wear. Modisco formula with the addition of pumpkin and new products steamed sponge cakes and cookies based on Modisco is intended to add variety and increase the shelf life and use of Modisco. Steamed sponge products and cookies can be used as an alternative to snacks with a low glycemic index and glycemic load.

Aim : Describe the glycemic index and glycemic load of steamed cakes and cookies made from Modisco (Modified Dried Milk and Coconut Oil) pumpkin (*Cucurbitamoschata* Durch)

Method : This study used an in vivo in vitro experimental design. The subjects in this study were Ngudi Waluyo students. Respondents in this study were 10 people with inclusions ranging from 17-25 years old, had a normal BMI (18.5-22.9 kg/m²), Fasting Blood Sugar (GDP) 70-100 mg/dl, and had no history of Diabetes Mellitus (DM). . Respondents were asked to fast for at least 10-12 hours and not to do strenuous activities during the study. Blood glucose checks were carried out in the morning for 2 consecutive hours. After taking blood glucose data, the data obtained is then processed to obtain the glycemic index value and glycemic load.

Results : Steamed sponge products have a glycemic index value of 23.00% and a glycemic load of 5.75, while cookies products have a glycemic index value of 38.9% and a glycemic load of 9.75.

Conclusion: The value of the glycemic index and glycemic load of steamed sponge cake and cookies are in the low category.

Keywords : Glycemic Index; Glycemic Load; Steamed sponge cake; Cookies; Modisco; Yellow Pumpkin