

KANDUNGAN GULA DALAM MINUMAN TEH SUSU DENGAN *TOPPING* BOBA DI KALANGAN MAHASISWA DEPOK DAN JAKARTA

Mayrlnn Trifosa Veronica

Abstrak

Teh susu boba merupakan minuman asal Taiwan yang saat ini telah menjadi minuman yang populer di seluruh dunia, termasuk di Indonesia dan terutama digemari oleh kaum remaja dan dewasa muda. Teh susu boba diketahui mengandung kadar gula dan kalori yang tinggi dan merupakan bagian dari kelompok minuman berpemanis yang umumnya mengandung pemanis berupa *high fructose corn syrup* atau sukrosa. Minuman berpemanis diketahui telah menjadi kontributor utama konsumsi gula tambahan yang mana berkorelasi dengan peningkatan prevalensi kegemukan atau obesitas di seluruh dunia. Penelitian ini merupakan penelitian observasional deskriptif yang dilakukan untuk mengetahui kadar gula (fruktosa, glukosa, dan sukrosa) dalam minuman teh susu boba yang paling banyak dipilih oleh mahasiswa Depok dan Jakarta berdasarkan hasil data kuesioner uji pendahuluan. Analisis kadar gula dan zat gizi lainnya dilakukan di laboratorium uji terakreditasi. Analisis kadar gula dilakukan dengan metode kromatografi cair kinerja tinggi (KCKT) dan analisis kandungan kalori total dilakukan secara *by calculation*, dengan pengulangan analisis sebanyak dua kali. Hasil analisis menunjukkan bahwa kadar gula dalam minuman teh susu yang disertai *topping* boba memenuhi 94.4% dari batas konsumsi gula perhari yang direkomendasikan oleh Kementerian Kesehatan Republik Indonesia, serta berkontribusi sebesar 33.75% dari kebutuhan energi perorang perhari berdasarkan diet 2000 kkal.

Kata Kunci : Gula, Kalori, Mahasiswa, Teh Susu, Topping Boba

SUGARS IN MILK TEA BEVERAGE WITH BOBA AS TOPPING AMONG DEPOK AND JAKARTA UNDERGRADUATE STUDENTS

Mayrlinn Trifosa Veronica

Abstract

Boba milk tea which known originated from Taiwan, has become a popular beverage throughout the world, including in Indonesia especially among the youths and young adults. Boba milk tea contains high sugar and calorie levels and is part of the larger group of sugar sweetened beverages (SSBs) which generally sweetened with high fructose corn syrup or sucrose. SSBs have become a major contributor to added sugar consumption which correlates with the increased global prevalence of overweight or obesity. This descriptive observational study aims to analyze the sugar level (fructose, glucose, sucrose) contained in boba milk tea chosen by Depok and Jakarta undergraduate students based on the results of pre-study questionnaire. Analysis of sugar and other nutrients were carried out in an accredited laboratory. The sugar composition analysis was performed by high performance liquid chromatography (HPLC), calorific values were determined by calculation, and the analyses were repeated twice. Results suggest that the sugar content in milk tea drinks consumed with boba topping fulfilled 94.4% of the daily limit of sugar consumption recommended by the Ministry of Health of the Republic of Indonesia, and contributed as much as 33.75% of the energy requirements per person per day based on a 2000 kcal diet.

Keywords : Boba Topping, Calorie, Milk Tea, Undergraduate Students, Sugar