

ANALISIS KANDUNGAN GIZI, INDEKS GLIKEMIK DAN BEBAN GLIKEMIK PRODUK IMUKAL

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Abstrak

Tentara Nasional Indonesia (TNI) merupakan alat pertahanan negara yang memiliki banyak tugas di lapang. Dalam menjalankan setiap tugasnya, setiap prajurit TNI dituntut untuk memiliki kondisi kesehatan yang baik dan prima. Selama menjalankan tugasnya di lapang, prajurit TNI memerlukan makanan yang mudah dan cepat dikonsumsi serta padat akan energi. Penelitian ini bertujuan untuk mengetahui kandungan zat gizi, indeks glikemik serta beban glikemik yang terdapat dalam produk imukal sebagai minuman khusus TNI. Metode yang digunakan dalam penelitian ini yaitu desain studi eksperimental. Kadar glukosa darah responden diperiksa setelah mengonsumsi pangan standar berupa glukosa murni dan pangan uji berupa produk imukal. Hasil analisis kandungan gizi didapatkan dalam setiap kemasan produk imukal (35 gr) mengandung 0,89 gram air, 1,03 gram abu, 3,11 gram protein, 6,04 gram lemak, 23,93 gram karbohidrat, serta 162,48 kkal energi. Setelah pengumpulan dan pengolahan data, maka didapatkan nilai rata-rata indeks glikemik dan beban glikemik. Indeks glikemik produk imukal 89,98 ($SD \pm 28,55$) yang termasuk kategori indeks glikemik tinggi. Sedangkan beban glikemik produk imukal 21,53 ($SD \pm 6,83$) yang termasuk kategori beban glikemik tinggi.

Kata Kunci : Glukosa darah, indeks glikemik, beban glikemik, imukal

ANALYSIS OF NUTRIENT CONTENT, GLYCAEMIC INDEX AND GLYCAEMIC LOAD OF IMUKAL PRODUCT

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Abstract

The Indonesian National Army (TNI) is an apparatus of national defense that has many tasks in the field. In carrying out their duties, every TNI soldier is required to have good and excellent health. During their duties in the field, TNI soldiers needed food that was easy and fast to consume and was dense in energy. This study aims to determine the nutrient content, glycemic index and glycemic load contained in imukal products as a special drink for the TNI. The method used in this research was experimental study design. The respondent's blood glucose level was examined after consuming a standard food in the form of pure glucose and a test food in the form of imukal products. The results of the analysis of nutritional content were obtained in each imukal product packaging (35 gr) containing 0.89 grams of water, 1.03 grams of ash, 3.11 grams of protein, 6.04 grams of fat, 23.93 grams of carbohydrates, and 162.48 kcal energy. After collecting and processing data, the average values of the glycemic index and the glycemic load are obtained. The glycemic index of imukal products is 89,98 (SD \pm 28,55) which is included in the high glycemic index category. While the glycemic load of imukal products is 21,53 (SD \pm 6,83) is included in the high glycemic load category.

Keyword : Blood glucose, glycaemic index, glycaemic load, imukal