Characteristic of Antioxidant And Glycemic Index on Foodbar Based Purple Yam and Red Bean Flour as Sustainable Food for Type 2 Diabetes Mellitus

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ABSTRAK

International Diabetes Federation (IDF) states that the prevalence of Diabetes Mellitus in the world counted 1.9% and the seventh causing of death in the world, Type 2 diabetes is progressive, so it needs to control blood glucose as an effort to prevent the risk of complications. Products with an easily digest carbohydrate (like starch and sugar) increase blood sugar levels significantly so be avoided by people with diabetes mellitus. Therefore, look for alternative raw materials gives calories but do not raise blood sugar level quickly and provided high protein ingredient like red bean and provided high antioksidan as bioactive compounds like purple yam. The purpose of this research to analyze antioxidant and glycemic index of artificial foodbar made from purple yam and red bean flour as sustainable food for type 2 diabetes mellitus. The formulation of purple yam and red bean flour is 30%: 50% 70% and 70%: 50%: 30%. The method used for analyze antioxidant using DPPH method and glycemic index using incremental area under the blood glucose response curve method.

Keywords : Foodbar, Diabetes Mellitus, Purple Yam, Red bean flour