ABSTRACT

**THE DESCRIPTION OF NUTRIENT VALUES AND
GLYCEMIC INDEX OF NON-WHEAT NOODLES**

By

Novi Sugiartini

According to the observation result of consumer preferences, noodles are consumed the most frequently by the citizens whether as their breakfast or only as interlude. As the food commodities with high productivity, need to be diversified upon cassavas, corns, sago, rice and breadfruit become noodles. The purpose of this research is to describe the nutrient values and glycemic index of non-wheat noodles i.e. breadfruit-essence noodles, sago-essence noodles, cassava-essence noodles, commercial-rice noodles, and corn-essence noodles. The research was arranged into single factor with double repetition. The single factor is the noodles, i.e. breadfruit-essence noodles, sago-essence noodles, cassava-essence noodles, commercial-rice noodles, and corn-essence noodles. All of the data of the research are managed into average value and served in form of bar diagram.

Based on the result of the research, all the non-wheat noodles contained Water is about 9% - 10.2%, Protein is about 0.63% - 0.66%, Fat is about 0.31% - 0.50, rough fiber is about 0.23% - 0.36%, Carbohydrate is about 81.63% -

86.52%. Total food fibers of all the non-wheat noodles are 1.59% - 6.08%. Total resistant essence is about 3.58% - 10.47%. Absorbing effort of the essences is about 25.07% - 29.45%.

All the non-wheat noodles relatively have high value of glycemic index (>70) i.e. cassava-essence noodle is 122.24, breadfruit-essence noodle is 117.94, sago-essence noodle is 105.99, commercial-rice noodle is 104.13, and commercial-corn noodle is 100.18. The low substance of food fiber in this products increase the value of glycemic index. Glycemic index is affected by absorbing effort of essence and the essence resistant. The high glycemic burden of breadfruit-esssence noodles, sago-essence noodles, cassava-essence noodles, commercial-rice noodles, and commercial-corn noodles are related to GI value and Carbohydrate in the food substances.