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**ABSTRACT**

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***ANALYSIS OF GLUCOMANN CONTENT AND ACCEPTANCE OF CILOK  
SUBSTITUTED WITH PORANG FLOUR AS A HEALTHY SNACK  
INNOVATION TO PREVENT CONSTIPATION***

*Constipation is a condition where defecation is difficult due to hardening of the stool and can be experienced by all age groups. One of the causes of constipation is a lack of adequate daily fiber intake within a certain period of time. Consuming foods high in fiber can prevent constipation, one of which is by using the local food ingredient porang tubers as a substitute ingredient that can be made into cilok. The aim of this research is to analyze the acceptability of substituted cilok and the glucomannan content in selected cilok formulations. The research used a Completely Randomized Design (CRD) with four treatments with a ratio of tapioca flour: wheat flour: porang flour, namely F0 (50:50:0); F1 (50:45:5); F2 (50:40:10); and F3 (50:35:15). Hedonic test by 30 student panelists majoring in nutrition. The results of the hedonic test were analyzed using the Kruskal Wallis test and followed by the Mann Whitney test. The selected formulation was F2 (50:40:10) with a glucomannan content of 6.12% bw. Testing glucomannan levels uses the spectrophotometric method. The substitution of porang flour has a significant effect on the color, texture and taste of cilok. One serving of cilok porang (100 g) can fulfill 10% of an adult's daily fiber intake.*

**Keywords:** *Constipation, Cilok, Porang Flour, Glucomannan*