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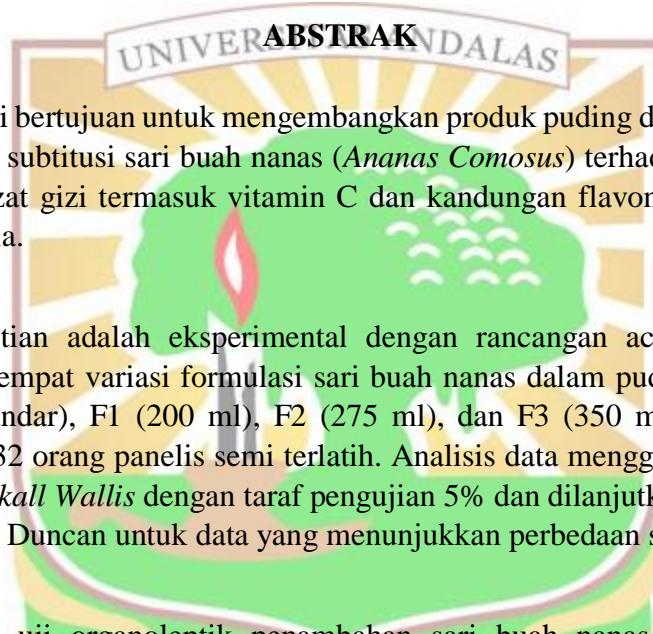
PADANG, 2025

**FAKULTAS KESEHATAN MASYARAKAT  
UNIVERSITAS ANDALAS**

**Skripsi, Agustus 2025  
AUFIA SHALIHAH, No. BP. 2111227005**

**PENGEMBANGAN FORMULASI PUDING DAUN SALAM (*Syzygium Poliyantum*) SUBSTITUSI SARI BUAH NANAS (*Ananas Comosus*) YANG BERPOTENSI SEBAGAI PANGAN FUNGSIONAL UNTUK PENDERITA HIPERURISEMIA**

xii + 95 halaman, 31 tabel, 20 gambar, 12 lampiran



**Tujuan**

Penelitian ini bertujuan untuk mengembangkan produk puding daun salam (*Syzygium Poliyantum*) substitusi sari buah nanas (*Ananas Comosus*) terhadap uji organoleptik, kandungan zat gizi termasuk vitamin C dan kandungan flavonoid untuk penderita hiperurisemia.

**Metode**

Jenis penelitian adalah eksperimental dengan rancangan acak lengkap (RAL). Melibatkan empat variasi formulasi sari buah nanas dalam puding daun salam: F0 (formula standar), F1 (200 ml), F2 (275 ml), dan F3 (350 ml). Uji organoleptik melibatkan 32 orang panelis semi terlatih. Analisis data menggunakan uji ANOVA dan uji Kruskall Wallis dengan taraf pengujian 5% dan dilanjutkan dengan uji Mann Whitney dan Duncan untuk data yang menunjukkan perbedaan signifikan.

**Hasil**

Berdasarkan uji organoleptik penambahan sari buah nanas berpengaruh nyata terhadap rasa, kadar air, kadar abu, karbohidrat dan vitamin C. F3 (350 ml) merupakan formula paling disukai berdasarkan uji daya terima dan formula terbaik berdasarkan uji kandungan zat gizi yaitu dengan kadar air 92.32%, kadar abu 0.44%, lemak 0.05%, karbohidrat 6.99%, protein 0.20%, vitamin C 29.35mg/100gr dan flavonoid 0.0116 mEQ/gr. Pada penelitian ini, F3 menjadi formula terpilih dengan karakteristik sensori berwarna kuning sangat muda, aroma tidak langus, rasa manis dan asam seimbang, dan tekstur yang agak kenyal.

**Kesimpulan**

Berdasarkan masing-masing perlakuan, formulasi terbaik yang ditetapkan adalah F3 dengan substitusi sari buah nanas sebesar (350 ml) dari total air yang digunakan.

**DAFTAR PUSTAKA**

: 99 (1999-2025)

**Kata Kunci**

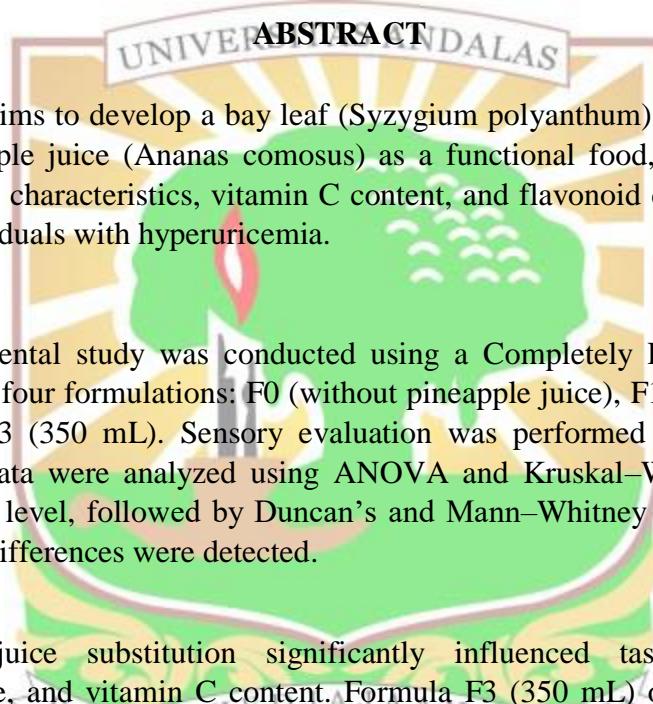
: Daun Salam, Hiperurisemia, Pangan Fungsional, Puding, Sari Nanas.

**FACULTY OF PUBLIC HEALTH  
ANDALAS UNIVERSITY**

**Undergraduate Thesis, August 2025  
AUFIYA SHALIHAH, Student ID Number 2111227005**

**DEVELOPMENT OF BAY LEAF (*Syzygium Polyanthum*) PUDDING FORMULATION WITH PINEAPPLE JUICE (*Ananas Comosus*) SUBSTITUTION AS A POTENTIAL FUNCTIONAL FOOD FOR HYPERURICEMIA PATIENS**

xii + 95 pages, 31 tables, 20 pictures, 12 attachments



**Objective**

This study aims to develop a bay leaf (*Syzygium polyanthum*) pudding substituted with pineapple juice (*Ananas comosus*) as a functional food, and to evaluate its organoleptic characteristics, vitamin C content, and flavonoid content for potential use in individuals with hyperuricemia.

**Method**

An experimental study was conducted using a Completely Randomized Design (CRD) with four formulations: F0 (without pineapple juice), F1 (200 mL), F2 (275 mL), and F3 (350 mL). Sensory evaluation was performed by 32 semi-trained panelists. Data were analyzed using ANOVA and Kruskal–Wallis tests at a 5% significance level, followed by Duncan's and Mann–Whitney post hoc tests when significant differences were detected.

**Result**

Pineapple juice substitution significantly influenced taste, moisture, ash, carbohydrate, and vitamin C content. Formula F3 (350 mL) obtained the highest acceptability score and was identified as the most favorable formulation based on nutritional analysis. Its composition included moisture (92.32%), ash (0.44%), fat (0.05%), carbohydrate (6.99%), protein (0.20%), vitamin C (29.35 mg/100 g), and flavonoids (0.0116 mEq/g). The sensory profile of F3 was described by a light yellow color, an aroma characterized by the absence of undesirable or off-odors, a balanced sweet–sour taste, and a slightly chewy texture.

**Conclusion**

Formula F3, with 350 mL pineapple juice substitution, is the optimal formulation and shows potential as a functional food for hyperuricemia management.

**References**

: 99 (1999-2025)

**Keywords**

: Bay Leaf, Hyperuricemia, Funcional Food, Pineapple Juice, Pudding.