

SPORTS DRINK FORMULATION MADE FROM LOCAL RED JACKPOON SEEDS FOR SWIMMING ATHLETES

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ABSTRACT

The objectives of this research are: 1) find the recipe for the jackfruit seed-red bean sport drink product, 2) determine the packaging of the jackfruit seed-red bean sport drink product, 3) determine the level of acceptance of the jackfruit seed-red bean sport drink product, 4) find the composition and information on the nutritional value of jackfruit seed-red bean sports drink products.

The type of research used is R&D with the 4D development method: 1) Initial define stage to determine 1 reference recipe, 2) Initial design stage to determine the correct percentage for jackfruit seeds and red beans, 3) Develop stage to validate the reference recipe and development selected, 4) Disseminate stage to test preferences for the jackfruit seed-red bean sports drink product. Place and time of research at the Food Chemistry Laboratory, Food Engineering Education Study Program, Faculty of Engineering, Yogyakarta State University.

The research results show: 1) the recipe for the jackfruit seed-red bean sports drink product uses 50% jackfruit seeds and 50% red beans, 2) the packaging for the jackfruit seed-red bean sport drink product uses a 200 ml plastic bottle, 3) the level of acceptance of the sport product The jackfruit seed-red bean drink can be well received by the general public and swimming athletes, 4) the nutritional composition of the jackfruit seed-red bean sports drink product has increased with the RDA per 200 ml as follows: energy 102 kcal, fat 1.48 g, protein 4.6 g, carbohydrates 18 g, fiber 2.2 g, potassium 298.4 mg, calcium 60 mg, iron 10.8 mg, magnesium 38 mg, and phosphorus 22.3 mg.

Kata Kunci: *sport drink, jackfruit bean, red bean*