# ABSTRACT

## The Glycemic Index Comparative Study of Steamed Kepok Banana and Ambon Lumut Banana (*Musa Spp.*) in Rabbits (*Oryctolagus cuniculus)*

Eriza Tri Heriwiyanti

The concept of glycemic index could be used as a guideline for choosing foods that suitable for people with diabetes mellitus. Low glycemic index foods recommended for people with diabetes mellitus because it couldn't raise the blood sugar quickly, so that the necessary food sources of carbohydrates rice substituent that could be consumed by people with diabetes mellitus. Banana was one of the high-carbohydrate foods that were often found in Indonesia. This study aimed to compare the glycemic index of steamed kepok banana and ambon lumut banana.

The results of research showed that reducing sugar content of steamed kepok banana was 23.06% and ambon lumut banana was 19.12%. Crude fiber content of steamed kepok banana was 0.43% and ambon lumut banana was 1.09%. The result of the glycemic index test that using 15 rabbits was found that the glycemic index steamed kepok banana was 43 ± 20 and ambon lumut banana was 33 ± 15. The results showed that the glycemic index of ambon lumut banana was lower than steamed kepok banana. Both of steamed kepok banana and ambon lumut banana were classified as food with low glycemic index (glycemic index <55).

Keywords : Glycemic index, reducing sugar, crude fiber, steamed kepok banana, ambon lumut banana, *Musa spp.*, rabbit