

ABSTRACT

Glycemic Index Determination Study between Steamed Cassava (*Manihot utilissima*) and Breadfruit (*Artocarpus altilis*) in Rabbit (*Oryctolagus cuniculus*)

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To determine the glycemic index of steamed cassava and breadfruit, 9 rabbits were fed individually and divided into 3 groups. First group was fed with steamed cassava, second group was fed with steamed breadfruit and third group was fed with glucose solution. After they were fed, the blood glucose concentration of those rabbits was measured in certain time. Besides determined the glycemic index of steamed cassava and breadfruit, this study was also determined the amount of reducing sugar and crude fiber of those two samples.

Luff Schoorl method was used to determine the amount of reducing sugar in the samples and gravimetric method to determine the amount of crude fiber in the samples.

The amount of reducing sugar in steamed Cassava was $22,66 \% \pm 0,64$ and steamed Breadfruit was $13,84 \% \pm 0,66$. While the amount of crude fiber in steamed Cassava was $0,78 \pm 0,03$ and in the steamed Breadfruit was $1,72 \% \pm 0,07$. The GI of steamed Cassava was 79 ± 14 and steamed Breadfruit was 65 ± 8 .

From the result above, steamed Breadfruit has a lower tendency in increasing rabbit's blood glucose than steamed Cassava.

Keyword : steamed Cassava, steamed Breadfruit, Glycemic Index, Luff Schoorl method, gravimetric method