ABSTRACT

FATHIN GAANIYATI. Nutrient Aspect and pH of Commercial Beverages. Supervised by HARDINSYAH and MIRA DEWI.

The purpose of this research was to analyze the content of energy, carbohydrates, protein, fat, vitamin, and mineral of commercial beverages based on nutrition fact and to analyze pH of commercial beverage. The way to choose the sample in this research was based on beverage category by Codex, which was modified into this study context. A number of 246 commercial brand beverages available in the three largest supermarkets in Bogor, were bought and analyzed at chemical and food analysis laboratorium, Departement of Community Nutrition of IPB. The highest average energy content of commercial beverage was from milk powder category and energy drink water-based flavoured category. The highest average of carbohydrates content was milk powder category and the highest protein and fat content was on the liquid milk category. For beverage category, the highest average content of vitamin A content was liquid milk category, and the highest average content of vitamin B1, vitamin B2 and vitamin B6 were on energy drink water-based flavoured category. The commercial beverage category that had the highest average content for vitamin B9 and vitamin C was isotonic water-based flavoured category. The product with the highest average of Natrium and Kalium was liquid milk. Based on individual brand the range of pH on the commercial beverage was from 2.7 to 7.7; while based on beverage category was from 3.26 to 6.73. Since the pH of commercial beverage varied from brand to brand, it was suggested the value of pH should be written in the label. For this purposed a regulation is required.

Keywords: nutrient aspect, pH, commercial beverage.