

ABSTRACT

The increase in diabetes among children, teenagers, and the elderly is due to the increase in the consumption of food, processed foods, and foods high in sugar and carbohydrates. Various circles of Indonesian society are very fond of consuming instant foods with compositions that are not good enough for the health of the body if consumed on a large scale. One of the instant foods that is very popular with various groups of people in Indonesia is instant noodles. Based on a report released by the *World Instant Noodles Association (WINA)*, global consumption of instant noodles in 2023 reached 14,540 million servings, up 1.9% from the previous year. This has placed Indonesia as the second largest consumer of instant noodles in the world. For diabetics, the consumption of instant noodles should be watched more closely. Given that instant noodles are made from processed wheat flour, which is classified as refined carbohydrates. Wheat flour has a carbohydrate content of 86% carbohydrates per 100 grams of use. This indicates that wheat flour has a high starch content so that the glycemic index level must be considered because it can have an impact on diabetics. This research will examine the new composition of the heart noodle maker as an alternative to instant noodle food in general for diabetics. By using the main ingredients of avocado seed flour and aloe vera where both ingredients have a lower glycemic index compared to the basic ingredients for making instant noodles in general, namely wheat flour. By using an experimental quantitative method, where researchers formulate Kalbu Noodles and examine its content through proximate tests and a comparative method will be carried out where the nutritional content of Kalbu Noodles will be compared with the nutritional content of instant noodles in general.

Keywords: *Diabetes, Instant Noodles, Glycemic Index, Wheat Flour, Aloe Vera, Avocado Seeds*