

BAB V KESIMPULAN DAN SARAN

5.1. Kesimpulan

1. Perlakuan RH penyimpanan, lama penyimpanan serta interaksi keduanya memberikan pengaruh nyata terhadap aktivitas air (a_w), kadar air, dan warna pada bubuk puding teh hijau instan serta kadar total fenol dan aktivitas antioksidan pada puding teh hijau instan.
2. RH penyimpanan dan lama penyimpanan menyebabkan aktivitas air (a_w) dan kadar air mengalami penurunan pada RH penyimpanan 45% dan kenaikan pada RH penyimpanan 53-72% selama 4 minggu.
3. RH penyimpanan 65% dan 72% serta penyimpanan selama 4 minggu pada bubuk puding teh hijau instan menyebabkan nilai *lightness* menurun, sedangkan nilai *chroma* dan *hue* meningkat.
4. RH penyimpanan lebih dari 45% dan lama penyimpanan lebih dari 3 minggu menyebabkan penurunan kadar total fenol dan aktivitas antioksidan pada puding teh hijau instan.
5. Kondisi penyimpanan paling baik untuk bubuk puding teh hijau instan adalah RH 45% selama 3 minggu.

5.2. Saran

Pada penelitian ini digunakan kemasan LDPE yang memiliki kerapatan molekul yang rendah agar dapat dengan mudah diketahui pengaruh dari perlakuan RH penyimpanan dan lama penyimpanan sehingga perlu dilakukan penelitian lebih lanjut mengenai pengaruh kemasan multilayer terhadap karakteristik dan aktivitas antioksidan puding teh hijau instan agar kualitas produk tidak berubah saat telah dipasarkan.

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