

CHAPTER 1

INTRODUCTION

1.1 Background

Many people fail to appreciate okra because of its slimy texture. However, okras are popular for their nutritionally dense structure, particularly for their soluble and insoluble fiber content. This vegetable comes from the *Malvaceae* or mallows family and is related to cotton, hibiscus, and hollyhock.

This pod vegetable is available all year round, especially during summer, and thrives well in warm climates. It is naturally green but some varieties show a red color. Some types have a smooth surface, while others have a rough texture. Because okra is tough to chew, it is usually steamed or boiled before eating.

Okra is low-calorie. A 100-gram serving of okra contains only 30 calories and zero saturated fats and cholesterol. It is, however, high in soluble and insoluble fiber. The fiber in okra has been linked to several benefits, such as optimal digestive function, low cholesterol levels, reduced heart disease risk, and weight management. Because fibrous foods are more challenging to digest, you'll feel more satiated when you eat them.

At the same time, okra is actually packed with nutrients. One of the key nutrients of this green crop is vitamin C – about 36 percent of the daily recommended amount. Increasing your intake of vitamin C-rich foods can help support your immune function, prevent free radical damage, and may help regulate blood pressure.

Okras are also a good source of B vitamins, such as vitamin B6 (pyridoxine). This nutrient aids in the metabolism of fat, carbohydrates, and amino acids, promotes the health of your lymph nodes, and can contribute to the regulation of blood sugar levels. Okras are also a good source of other B vitamins, such as niacin, thiamine, and pantothenic acid.

Minerals that can also be found in this vegetable include iron, calcium, manganese, and magnesium.

Many Indonesian people don't know that okra have so much health benefit , this reason give me inspiration to make okra become a syrup, because it's more effective if we want to consume it , no need to cook it or afraid with the slimy texture of okra because I already turned it become to syrup , everyone from children to adult people can consume it.

1.2 Objective

1. To presenting a healthy syrup to all people from children to adult
2. We producing okra syrup with no artificial preservatives so it's save to be consumed