

# CHAPTER I

## INTRODUCTION

### 1.1 Background

Cilembu sweet potato plant which is originated from Sumedang, West Java Indonesia can only grow in tropical country because it needs high humidity and long sun exposure. It grows in mild temperature region that is between 21°C - 27°C. Besides, it needs quite long sun exposure between 11-12 hours a day. Nowadays cilembu sweet potato is famous not only among villagers but also city dwellers. In the modern era where more people are aware of keeping their health, cilembu sweet potato is one of the best choices to be added in people's daily diet. It is because cilembu sweet potato contains a lot of health benefits. Its high content of antioxidant and several vitamins and minerals are very good to prevent cancer and enhance immune system. Besides, it contains also potassium and magnesium which can strengthen bones and muscles. This orange-fleshed sweet potatoes provide an excellent source of beta-carotene. Additionally, they provide calcium, potassium, iron, phosphorus, fiber, and iron. They also have a low glycemic index making them an ideal starch for those watching their blood sugar level. The antioxidant of the potato makes body to prevent radical change and maintain healthy skin and support immune system. Potassium is good for heart to prevent heart disease. Has low of cholesterol and carbohydrate but high in protein, vitamin, and fiber which is suitable for people on diet or vegetarian. Based on the reasons above, the writer is interested in making spread from cilembu sweet potato.

### 1.2 Objective

For people on diet because my product low of cholesterol and carbohydrate but high in protein, vitamin, and fiber which is suitable for people on diet or vegetarian.