

CHAPTER I

INTRODUCTION

1.1 Background of Study

Nutritional sports food is a substitute for food when exercising. Dates and bananas are some of the ingredients that can be processed into sports food. This is emphasized because of the nutritional content in dates and bananas which helps a person to meet the nutrients when exercising / doing intense strenuous activities.

Dates have the potential to be used as sports food because they contain energy from glucose and electrolytes. Sports food is recommended for consumption by cyclists, runners, swimmers and other sports that require endurance in carrying out these sports/activities. Dates have sugar properties that are more easily digested and are very good for body health. Studies have proven that the nutritional content of dates is very good for endurance sports.

Bananas are herbal plants originating from the Southeast Asian region. Bananas contain sugars such as glucose, fructose, sucrose, trythopan, pyridoxine, ferrum, potassium or potassium, serotonin, and riboflavin. The content contained in bananas is also very helpful to restore energy for athletes. There are so many nutrients in bananas that can make bananas a natural doping. One of the substances in bananas, namely pyridoxine, can regulate blood sugar in the body. Studies have shown that the content of glucose, fructose and sucrose in bananas can increase ATP (Adenosine TriPospat), which can replace energy quickly. Not only that, bananas also contain a number of complex carbohydrates which function to protect muscles from injury.

This nutritional sport food has a combination of various additional ingredients, namely jelly, pure white honey, gelatin and acid. Sport food has

many benefits in sports, namely reducing fatigue, replacing nutrients and energy that is wasted during sports, and many more. (Rahmawati & Budiono 2020)

1.2 The Objectives of the Study

1. The aim of developing this product is to let the general public know that there are simpler sports foods with lots of nutrients needed by the body.
2. Making products that can be consumed by all groups.
3. Exploration of dates and bananas which are the main ingredients for sports food.
4. Become a form of business as a new product in the field of entrepreneurship.