

Perbandingan nilai viskositas, ph dan kapasitas dapar saliva setelah mengkonsumsi air madu dan air pemanis rendah kalori

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Abstrak

Background: Recently, honey has been widely used as a sweetener. Along with the people's awareness to control the intake of calorie, the consumption of low-calorie sweetener is increasing as well. How much these sweeteners contribute to caries process, however, are still unknown.

Objective: To compare the changes of viscosity, pH, and buffering capacity of saliva after consuming water containing honey and low-calorie sweetener.

Method: Each research subject aged 20-22 years old was asked to consume 150 ml water that contained 17 grams of honey or 2,5 grams of low-calorie sweetener in different day, and waited for 10 minutes before conducting the viscosity, pH, and buffering capacity of saliva's test.

Results: The data was analyzed by Wilcoxon test with 0,05 level of significance. The results obtained were the significant decreases in values of viscosity and buffering capacity of saliva before and after consuming water containing honey and water containing low-calorie sweetener, significant decrease in pH value before and after consuming water containing honey, no significant decrease in pH value before and after consuming water containing low-calorie sweetener. In addition, there were no significant differences in values of viscosity, pH, and buffering capacity between the groups consuming water containing honey and low-calorie sweetener.

Conclusion: There were significant differences in viscosity and buffering capacity of saliva before and after consuming water containing honey and water containing low-calorie sweetener. Meanwhile, there was significant difference for the pH value before and after consuming water containing honey, while there was no significant difference for the pH value before and after consuming water containing low-calorie sweetener. However, there were no significant differences in viscosity, pH, and buffering capacity of saliva after consuming water containing honey and water containing low-calorie sweetener.