BAB VI
PENUTUP

6.1. Kesimpulan

1. Lama penyimpanan selama distribusi dan pemasaran berpengaruh nyata terhadap aktivitas antioksidan, total fenol, dan total antosianin yoghurt anggur Bali. Semakin lama waktu penyimpanan, maka semakin rendah aktivitas antioksidan, total fenol, dan total antosianin yoghurt.
2. Penurunan aktivitas antioksidan, total fenol dan total antosianin dari yoghurt anggur Bali yang disimpan selama 21 hari yaitu 55,44%; 34,23%; dan 69,70%.
3. Aktivitas antioksidan, total fenol, dan total antosianin yoghurt anggur Bali awal sebesar 19,75% (66,62µg AAE/g yoghurt); 146,31 µg GAE/g yoghurt; 8,78 µg malvidin 3-O-glucoside; dan yang disimpan selama 21 hari sebesar 8,80% (31,63µg AAE/g yoghurt); 96,23 µg GAE/g yoghurt; dan 2,66 µg malvidin 3-O-glucoside.

6.2. Saran

Perlu dilakukan penelitian lebih lanjut untuk dapat menghasilkan yoghurt anggur Bali yang memiliki aktivitas antioksidan yang cukup tinggi, namun juga memiliki karakteristik fisikokimia dan mikrobiologis yang baik.

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