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PENGARUH SUBSTITUSI TEPUNG IKAN HARUAN *(Channa sriata*) DAN TEPUNG KALAKAI *(Stenochlaena palustris)* TERHADAP KADAR PROTEIN, KALSIUM, ZAT BESI DAN DAYA TERIMA BUBUR BAYI INSTAN

SKRIPSI. Sarjana Program Studi Gizi. 2020
(xv + 131)

Salah satu bentuk MP-ASI yang dikenal masyarakat adalah bubur bayi instan, untuk meningkatkan kandungan gizi bubur bayi instan dapat ditambahkan bahan baku bubur dengan substitusi bahan pangan seperti tepung ikan haruan dan tepung kalakai. Penelitian ini bertujuan untuk untuk menganalisis pengaruh substitusi tepung ikan haruan dan tepung kalakai terhadap kadar protein, kalsium, zat besi dan daya terima bubur bayi instan. Daya terima sampel melalui 2 tahap yaitu pada saat sampel dalam keadaan kering dan basah. Hasil penelitian menunjukkan kandungan protein bubur bayi instan dengan kadar 12,94%-18,47%, kadar kalsium 244,6 mg – 272 mg/100 g dan kadar zat besi 6,03 mg – 7,53 mg/100 g. Hal ini menunjukkan ada pengaruh substitusi tepung ikan haruan dan tepung kalakai terhadap kadar protein dan zat besi ($p<0,05$) sedangkan kandungan kalsium tidak ada pengaruh ($p>0,05$) dan pada daya terima ada pengaruh terhadap warna, tekstur, aroma dan rasa ($p<0,05$) pada bubur bayi instan kering dan basah. Hasil dari penelitian menunjukkan bahwa kadar protein dari bubur bayi instan memenuhi syarat yang telah di tetapkan SNI MP-ASI sedangkan hasil dari kalsium dan zat besi memenuhi syarat SNI dan Kementrian Kesehatan MP-ASI bubur bayi instan akan tetapi tidak dilakukan uji proksimat selain hanya dilakukan uji protein, kalsium dan zat besi sehingga penelitian selanjutnya perlu dilakukan uji zat gizi lain.

Kata Kunci : bubur bayi instan, tepung ikan haruan, tepung kalakai, protein, kalsium, zat besi, daya terima

ABSTRACT

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THE EFFECT OF SUBSTITUTION OF SNAKEHEAD FISH MEAL (channa sriata) AND KALAKAI MEAL (stenochlaena palustris) ON PROTEIN, CALCIUM, IRON CONTENT AND ACCEPTABILITY OF INSTANT BABY PORRIDGE

Undergraduate Thesis. Undergraduate Program of Nutritional Science : 2020
(xv + 131)

One form of complementary foods of breastmilk that is known to the public is instant baby porridge. To increase the nutritional content of instant baby porridge, raw materials of porridge can be added with food substitutes such as snakehead fish flour and kalakai flour. This study aims to analyze the effect of substitution of snakehead fish meal and kalakai meal on protein, calcium, iron content and acceptability of instant baby porridge. Sample acceptance goes through 2 stages, namely when the sample is dry and wet. The results showed the protein content of instant baby porridge with levels of 12.94% -18.47%, calcium levels of 244.6 mg - 272 mg / 100 g and iron levels of 6.03 mg - 7.53 mg / 100 g. This shows that there is an effect of substitution of snakehead fish meal and kalakai meal on protein and iron levels (p <0.05), while calcium content has no effect (p> 0.05) and on acceptance there is an effect on color, texture. , fragrance. and taste (p <0.05) in dry and wet instant baby porridge. The results of the study showed that the protein content of instant baby porridge fulfilled the requirements set by SNI complementary foods of breastmilk while the results of calcium and iron fulfilled the SNI requirements and the Ministry of Health complementary foods of breastmilk instant baby porridge but no proximate test was done apart from just testing protein, calcium and iron so that further research needs to be tested on other nutrients.