

ABSTRAK

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ANALISIS ZAT GIZI DAN DAYA TERIMA KERIPIK PANGSIT PANGGANG IKAN GABUS (*Channa Striata*) DAN TEPUNG DAUN KELOR (*Moringa Oleifera*) SEBAGAI ALTERNATIF MAKANAN SELINGAN BALITA STUNTING

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(xvii + 118)

Stunting merupakan istilah dari badan kerdil/pendek, dimana anak usia dibawah 5 tahun mengalami kondisi gagal tumbuh akibat kekurangan gizi kronis dan infeksi berulang. Ikan gabus (*Channa Striata*) dan daun kelor (*Moringa Oleifera*) adalah bahan pangan lokal yang kaya protein dan zat besi. Keripik pangsit merupakan produk yang cocok menjadi cemilan semua usia termasuk anak balita. Penelitian ini bertujuan untuk mengetahui kadar zat gizi (air, abu, protein, lemak, karbohidrat dan zat besi) dan daya terima dari keripik pangsit panggang ikan gabus dan tepung daun kelor sebagai alternatif makanan selingan balita *stunting*. Penelitian ini merupakan penelitian eksperimental dengan metode Rancang Acak Lengkap (RAL) yaitu proporsi ikan gabus dan tepung daun kelor terdiri dari 3 perlakuan (P) yaitu P0=0%:0%, P1=35%:5% dan P2=40%:10%. Analisis statistik kadar air, abu, lemak dan zat besi menggunakan *One Way Anova*, protein dan karbohidrat menggunakan *Kruskal-Wallis*. Hasil uji proksimat pada keripik pangsit panggang P2 menunjukkan kadar air 3,62%, kadar abu 3,02%, protein 17,53%, lemak 6,44%, karbohidrat 70,75%, zat besi 2,952% dan daya terima paling baik pada P1 (53,3%). Hasil penelitian menunjukkan ada perbedaan kadar air ($p=0,001$), abu ($p=0,001$), protein ($p=0,026$), lemak ($p=0,001$), karbohidrat ($p=0,027$) dan zat besi ($p=0,001$) pada keripik pangsit panggang dengan penambahan ikan gabus dan tepung daun kelor. Keripik pangsit panggang ikan gabus dan tepung daun kelor dapat dijadikan makanan selingan balita *stunting* dengan mengonsumsi keripik pangsit panggang perlakuan P1 sebanyak 34 g untuk memenuhi kebutuhan zat gizi makanan selingan.

Kata kunci: Daya terima, ikan gabus, keripik pangsit, tepung daun kelor, zat gizi

ABSTRACT

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ANALYSIS OF NUTRIENTS AND ACCEPTABILITY OF SNAKEHEAD FISH (*Channa Striata*) AND MORINGA LEAF FLOUR (*MORINGA OLEIFERA*) AS AN ALTERNATIVE TO STUNTING TODDLER INTERLUDE FOOD

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*Stunting is a term for dwarf/short body, where children under 5 years old experience a condition of failure to grow due to chronic malnutrition and recurrent infections. Snakehead fish (*Channa Striata*) and moringa leaves (*Moringa Oleifera*) are local foods rich in protein and iron. Dumpling chips are a product that is suitable as a snack for all ages, including children under five. This study aims to determine the levels of nutrients (water, ash, protein, fat, carbohydrate and iron) and acceptability of snakehead fish grilled dumpling chips and moringa leaf flour as an alternative to stunted toddler foods. This study is an experimental study with the Complete Random Design (RAL) method, namely the proportion of snakehead fish and moringa leaf flour consisting of 3 treatments (P), namely P0=0%:0%, P1=35%:5% and P2=40%:10%. Statistic analysis of water content, ash, fat and iron using One Way Anova, protein and carbohydrates using Kruskal-Wallis. The results of the proximate test on P2 grilled dumpling chips showed a moisture content of 3.62%, ash content of 3.02%, protein of 17.53%, fat of 6.44%, carbohydrate of 70.75%, iron of 2.952% and the best acceptability in P1 (53.3%). The results showed that there were differences in moisture content ($p=0.001$), ash ($p=0.001$), protein ($p=0.026$), fat ($p=0.001$), carbohydrates ($p=0.027$) and iron ($p=0.001$) in grilled dumpling chips with the addition of snakehead fish and moringa leaf flour. Grilled snakehead fish dumpling chips and moringa leaf flour can be used as interlude food for stunted toddlers by consuming P1 treatment grilled dumpling chips as much as 34 g to meet the nutritional needs of interlude foods.*

Keywords: *Acceptability, dumpling chips, moringa leaf flour, nutrients, snakehead fish*