

SKRIPSI



UNIVERSITAS ANDALAS

**PERMEN JELLY DENGAN PENAMBAHAN BUBUK DAUN KELOR (*Moringa
oleifera*) UNTUK PENCEGAHAN ANEMIA PADA REMAJA PUTRI**

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xiii + 81 halaman + 35 tabel + 3 diagram + 9 gambar + 13 lampiran

ABSTRAK

Tujuan: Penelitian ini bertujuan untuk membuat produk permen *jelly* dengan penambahan bubuk daun kelor sebagai cemilan remaja putri usia 16-18 tahun.

Metode: Jenis Penelitian ini adalah penelitian eksperimental menggunakan rancangan acak lengkap (RAL) dengan 4 taraf perlakuan, 2 kali pengulangan. Taraf perlakuan F0 formula standar (0 gram bubuk daun kelor), F1 (6 gram bubuk daun kelor), F2 (8 gram bubuk kelor), dan F3 (10 gram bubuk daun kelor).

Hasil: Hasil penelitian menunjukan formula terpilih produk permen *jelly* dengan penambahan bubuk daun kelor berdasarkan uji hedonik, uji mutu hedonik, dan zat gizi adalah F3 dengan kategori agak suka dan karakteristik warna hijau tua, aroma agak langu, rasa agak pahit, dan tekstur kenyal. Kandungan zat gizi formula terpilih adalah kadar air 61,85%, kadar abu 0,97%, lemak 2,20%, protein 17,51%, karbohidrat 17,48%, dan zat besi 24,67 mg/kg.

Kesimpulan: Formula terpilih pada pembuatan produk permen *jelly* dengan penambahan bubuk daun kelor adalah F3 dengan penambahan bubuk daun kelor 10 gram.

Daftar Pustaka : 68 (2005 – 2024)

Kata Kunci : Anemia, cemilan, permen *jelly*, remaja putri, zat besi.

FACULTY OF PUBLIC HEALTH

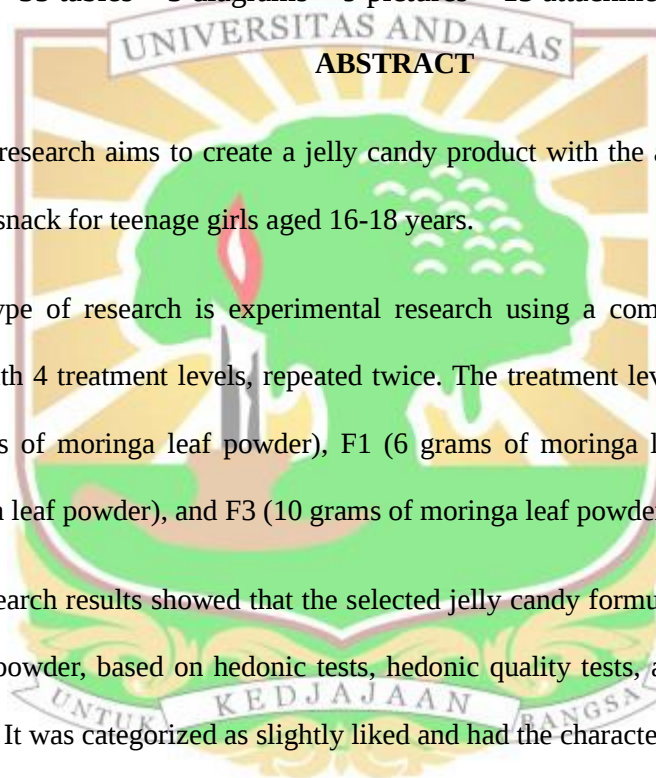
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**JELLY CANDY WITH THE ADDITION OF MORINGA LEAF POWDER
(Moringa oleifera) FOR THE PREVENTION OF ANEMIA IN ADOLESCENT
GIRLS**

xiii + 81 pages + 35 tables + 3 diagrams + 9 pictures + 13 attachments



ABSTRACT

Objective: This research aims to create a jelly candy product with the addition of moringa leaf powder as a snack for teenage girls aged 16-18 years.

Method: This type of research is experimental research using a completely randomized design (CRD) with 4 treatment levels, repeated twice. The treatment levels are F0 standard formula (0 grams of moringa leaf powder), F1 (6 grams of moringa leaf powder), F2 (8 grams of moringa leaf powder), and F3 (10 grams of moringa leaf powder).

Results: The research results showed that the selected jelly candy formula with the addition of moringa leaf powder, based on hedonic tests, hedonic quality tests, and nutrient content analysis, was F3. It was categorized as slightly liked and had the characteristics of dark green color, slightly beany scent, slightly bitter taste, and chewy texture. The nutritional content of the selected formula was as follows: moisture content of 61.85%, ash content of 0.97%, fat content of 2.20%, protein content of 17.51%, carbohydrate content of 17.48%, and iron content of 24.67 mg/kg.

Conclusion: The selected formula for the production of jelly candy with the addition of moringa leaf powder is F3, with the addition of 10 grams of moringa leaf powder.

References

: 68 (2005 – 2024)

Keywords

: Anemia, iron, jelly candy, snacks, teenage girls.