



UNIVERSITAS ANDALAS

**PENGARUH PENAMBAHAN DADIH TERHADAP NILAI GIZI,
KANDUNGAN BAKTERI ASAM LAKTAT DAN UJI ORGANOLEPTIK
PUDING DADIH SEBAGAI MAKANAN TAMBAHAN IBU HAMIL**

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THE EFFECT OF ADDITIONAL DADIH TO NUTRITION VALUE, CONTENT OF LACTIC ACID BACTERIA AND ORGANOLEPTIC OF PUDING DADIH AS EXPECTANT MOTHER ADDITIONAL FOOD

viii + 56 Pages, 16 Tables, 1 Pictures, 4 Attachments

ABSTRACT

Purpose

Pregnant women need additional energy during pregnancy for the growth and development of the fetus. To fulfill these energy needs, Supplementary Feeding (SF) is needed. In this study, a pudding enriched with dadih was formulated. Besides containing nutritional value, pudding dadih also contains Lactic Acid Bacteria (LAB) which are good for digestive health and increase the immunity of pregnant women.

Method

The study was conducted in November-December 2019 at the Nutrition Laboratory, Faculty of Public Health, Research Center and Industry Standardization of Padang and the Pharmacy Laboratory of Dharma Andalas University. The design of this study was True Experimental using a Completely Randomized Design (CRD) with two replications consisting of 4 F0 formulas as the standard formula, F1, F2 and F3 as the treatment formula with the addition of curd 80, 90 and 100 grams, respectively. An analysis of nutritional value was performed, then determining the number of BAL and organoleptic tests (hedonic tests and hedonic quality tests) were also done. The organoleptic test was statistically analyzed using the ANOVA test and continued with the Kruskal-Wallis test.

Results

From the analysis of the nutritional value, per 100 grams of pudding dadih F0 formula contains the nutritional value of 11.59% carbohydrate, 1.24% protein, 1.09% fat, with a total calorie of 61.13 kcalories; F1 formula contains carbohydrate 10.41%, protein 2.29%, fat 3.29%, with total calories 80.41 kcalories; F2 formula contains carbohydrate 10.12%, protein 4.74%, fat 3.32%, with total calories 89.32 kcalories; and F3 formula contains carbohydrate 11.84%, protein 3.05%, fat 3.13%, with total calories 87.73 kcalories. The LAB test results of pudding dadih were: F0 formula were 3.1×10^3 (Cfu/Gram); F1 1.7×10^9 (Cfu/Gram); F2 2.4×10^9 (Cfu/Gram) and F3 2.4×10^9 (Cfu/Gram). From the data analysis of Organoleptic test, it was concluded that there were no significant differences in all pudding formulas because the p-values were <0.05 and the best formula was F3.

Conclusion

From the results of the statistical analysis of the organoleptic test and the highest average value as the chosen formula is F3 with a total calorie of 87.73 kcalories and the amount of LAB 2.4×10^9 Cfu/gram, which is in accordance with SNI 281: 2009 that the minimum amount of BAL in fermented milk is 107 Cfu/gram. To meet the additional needs of pregnant

women in trimester 1, it is recommended to consume 200 grams of puding dadih per day and for trimester 2 and 3 consume 400 grams of pudding dadih per day.

References: 32 (2002-2019)

Keywords: SF for Pregnant Women, Curd Pudding, Nutritional Value, BAL, Organoleptic Test

