

ABSTRAK

FORMULASI BUBUK BAYI INSTAN DARI TEPUNG JEROAN IKAN CAKALANG (*Katsuwonus pelamis Lin*) BERBASIS TEPUNG BUAH SUKUN (*Artocarpus communis*) SEBAGAI ALTERNATIF MAKANAN PENDAMPING ASI BALITA GIZI KURANG

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(*Katsuwonus pelamis* Lin) BERBASIS TEPUNG BUAH SUKUN (*Artocapus communis*)
SEBAGAI ALTERNATIF MAKANAN PENDAMPING ASI BALITA GIZI KURANG**

Ix + 100 halaman, 23 tabel, 11 gambar, 8 lampiran

ABSTRAK

Latar Belakang

MP-ASI bubuk bayi instan dengan substitusi tepung jeroan ikan cakalang merupakan upaya perbaikan gizi balita gizi kurang menggunakan potensi limbah dan penganekaragaman pangan lokal.

Tujuan Penelitian

Penelitian ini bertujuan untuk mengembangkan produk MP-ASI bubuk instan dengan substitusi tepung jeroan ikan cakalang berbasis tepung buah sukun sebagai alternatif MP-ASI lokal sebagai tindakan perbaikan masalah gizi kurang pada balita.

Metode

Merupakan penelitian eksperimental murni Rancangan Acak Lengkap (RAL) dengan penambahan tepung jeroan ikan cakalang dan tepung buah sukun yang terdiri dari 4 formulasi, 1 formulasi kontrol dan 3 formulasi modifikasi, dengan substitusi tepung jeroan F1 (5:95), F2 (7.5:92.5) dan F3 (10:90). Penilaian cita rasa pada 25 panelis agak terlatih. Analisis data menggunakan SPSS 16 dengan uji *kruskal wallis* dan di uji lanjutan *mann whitney*. Penelitian dilakukan di Laboratorium Gizi Penyelenggaraan Makanan FKM, Laboratorium Non Ruminansia Fakultas Peternakan dan Laboratorium Teknologi Hasil Pertanian Fakultas Pertanian Universitas Andalas, Padang

Hasil

Hasil penelitian menunjukkan MP-ASI bubuk instan formula terpilih berdasarkan hasil uji hedonik dan zat gizi dengan karakteristik warna coklat kekuningan, aroma agak kuat, rasa agak gurih serta tekstur lembut berpasir. Kandungan gizi MP-ASI terpilih adalah energi 401.21 kkal/100 gr, protein 4.51 gr/100 gr, lemak 13.68 gr/100 gr, karbohidrat 74.64 gr/100 grb, serta ALT sebesar 5.0×10^2 koloni/gr.

Kesimpulan

Formulasi terpilih adalah F2 yang terdiri dari substitusi tepung jeroan ikan cakalang sebanyak 7.5%, produk F2 ini dapat menjadi alternatif MP-ASI

Daftar Pustaka : 131 (1981 – 2020)

Kata Kunci : Balita gizi kurang, MP-ASI, tepung jeroan ikan cakalang, tepung buah sukun, bubuk bayi instan

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**FORMULATION OF INSTANT BABY POWDER FROM OFFALS SKIPJACK TUNA
(*Katsuwonus pelamis* Lin) FLOUR BASED ON BREADFRUIT (*Artocarpus communis*)
FLOUR AS AN ALTERNATIVE COMPLEMENTARY FOOD FOR BREAST MILK FOR
MALNOURISHED TODDLER**

ix + 100 pages, 23 tables, 11 pictures, 8 attachments

ABSTRACT

Background

Complementary food for instant baby powder with the substitution of skipjack viscera flour is an effort to improve the nutrition of undernourished toddlers using the potential of waste and local food diversification.

Objective

This study aims to develop instant powdered product with the substitution of skipjack viscera flour based on breadfruit flour as an alternative to local as an action to improve the problem of malnutrition in toddlers.

Method

This is a pure experimental study with a completely randomized design (CRD) with the addition of skipjack viscera flour and breadfruit flour consisting of 4 formulations, 1 control formulation and 3 modified formulations, with the substitution of offal flour F1 (5:95), F2 ((7.5: 92.5) and F3 (10:90). Taste assessment on 25 moderately trained panelists. Data analysis using SPSS 16 with the Kruskal Wallis test and the Mann Whitney follow-up test. The study was conducted at the Nutritional Laboratory of Food Service Faculty of Public Health, Non-Ruminant Laboratory, Faculty of Veterinary and Agricultural Product Technology Laboratory, Faculty of Agriculture, Andalas University, Padang

Results

The results showed the complementary formula of instant breast milk powder was selected based on the results of hedonic and nutritional tests with the characteristics of yellowish brown color, slightly strong aroma, slightly savory taste and soft sandy texture. Nutritional content of selected complementary foods are energy 401.21 kcal/100 gr, protein 4.51 gr/100 gr, fat 13.68 gr/100 gr, carbohydrates 74.64 gr/100 gr, and ALT of 5.0×10^2 colony/gr.

Conclusion

The selected formulation is F2 which consists of substitution of skipjack viscera flour as much as 7.5%, this F2 product can be an alternative to breastfeeding complementary foods

References : 131 (1981 – 2020)

Keywords : Malnourished toddler, complementary food for breast milk, offals skipjack tuna, breadfruit flour, instant baby powder