

DAYA TERIMA, KADAR PROTEIN DAN SERAT VELVA KELOR MIX BUAH NAGA DAN STRAWBERRY SEBAGAI ALTERNATIF KUDAPAN IBU HAMIL KEKURANGAN ENERGI KRONIS

ABSTRAK

Pendahuluan: Masalah ibu hamil KEK di Indonesia masih tinggi. Hasil Riskesdas tahun 2018 menunjukkan prevalensi KEK ibu hamil (15-49 tahun) di Indonesia 17,3% dan di Jawa Timur mencapai 9,7%. **Tujuan:** Mengidentifikasi daya terima *velva* kelor *mix* buah naga dan strawberry untuk alternatif kudapan ibu hamil kekurangan energi kronis. **Metode:** Penelitian ini adalah penelitian eksperimental yang melibatkan 25 panelis untuk uji hedonik. Terdapat 3 formulasi *velva* dengan perbandingan kelor:buah naga:strawberry yakni F1=7:50:50 ; F2=7:50:60 ; F3=7:50:40. Uji kadar protein dan serat menggunakan metode *Kjeldahl* dan *Gravimetri*. **Hasil:** Uji organoleptik *velva* kelor *mix* buah naga dan strawberry didapatkan bahwa formulasi yang paling disukai adalah F2 dengan nilai 3,61. Jumlah energi dalam 1 cup *velva* sebesar 110 gram adalah 178,6 Kkal. Hasil uji laboratorium menunjukkan kadar protein sebesar 2,67%, sedangkan kadar serat sebesar 2,24%. Kebutuhan energi dari kudapan adalah 10% dari kebutuhan total energi sehari yakni sebesar 243 Kkal, protein 7,29 gram dan serat 4 gram. **Kesimpulan:** 1 cup *velva* sebesar 110 gram belum bisa memenuhi 1 porsi sehingga perlu mengonsumsi 2 cup *velva*. **Saran:** Memilih bahan pangan yang tinggi protein dan serat sehingga dapat mencukupi kebutuhan protein dan serat ibu hamil KEK tanpa harus mengonsumsi produk dalam jumlah yang banyak, memilih tempat atau wadah yang disesuaikan dengan 1 porsi *velva*.

Kata kunci : *Daya Terima, Protein, Serat, Velva Kelor, Buah Naga, Strawberry*

ACCEPTANCE, PROTEIN AND FIBER LEVELS MORINGA VELVA MIXED DRAGON FRUIT AND STRAWBERRY AS ALTERNATIVE SNACK FOR PREGNANT WOMEN WITH CHRONIC ENERGY DEFICIENCY

ABSTRACT

Introduction: The problem of pregnant women with chronic energy deficiency in Indonesia is still high. The results of Riskesdas in 2018 show the prevalence of chronic energy deficiency in pregnant women (15-49 years) in Indonesia is 17.3% and in East Java it is 9.7%. **Purpose:** To identify the acceptability of Moringa velva mixed with dragon fruit and strawberry as an alternative snack for pregnant women with chronic energy deficiency. **Methods:** This study is an experimental study involving 25 panelists for the hedonic test. There are 3 velva formulations with a ratio of Moringa:dragon fruit:strawberry, F1=7:50:50; F2=7:50:60; F3=7:50:40. Test for protein and fiber content using Kjeldahl and Gravimetry methods. **Results:** The organoleptic test of moringa velva mixed with dragon fruit and strawberry found the most preferred formulation was F2 with a value of 3.61. The amount of energy in 1 cup of velva of 110g is 178.6 Kcal. The results of laboratory tests showed that the protein content was 2.67%, while the fiber content was 2.24%. Energy needs from snacks are 10% of the total daily energy needs, namely 243 Kcal, 7.29g of protein, and 4g of fiber. **Conclusion:** 1 cup of velva of 110g cannot fulfill 1 serving, so it is necessary to consume 2 cups of velva. **Suggestion:** Choose foods high in protein and fiber so that they can meet the protein and fiber needs of pregnant women with chronic energy deficiency without having to consume large amounts of products. choose a place/container that is adapted to 1 portion of velva.

Keywords : *Acceptance, Protein, Fiber, Velva Moringa, Dragon Fruit, Strawberry*