

**UJI DAYA TERIMA MODIFIKASI SATE LILIT PAHU
(IKAN PATIN DAN TAHU) SESUAI DENGAN PRINSIP PEMBERIAN
MAKAN BAYI DAN ANAK
SEBAGAI ALTERNATIF PENCEGAHAN *STUNTING***

ABSTRAK

Latar Belakang : Stunting adalah kondisi dimana anak di bawah usia 5 tahun terhambat pertumbuhannya sebagai akibat dari kekurangan gizi kronis, sehingga terlalu pendek untuk anak seusianya. Stunting disebabkan karena defisiensi protein dalam jangka waktu lama. Ikan patin selain tinggi protein juga rendah lemak jenuh yang baik dikonsumsi oleh segala usia, ikan patin juga merupakan sumber asam lemak omega 3, selenium dan taurin yang berfungsi untuk merangsang pertumbuhan dan perkembangan sel otak terutama bagi balita dan anak-anak. **Tujuan :** mengetahui daya terima sate lilit pahu (ikan patin dan tahu) sesuai dengan prinsip pemberian makan bayi dan anak sebagai alternatif pencegahan stunting. **Metode :** *True Experimental* yaitu salah satu bentuk penelitian *experimen* yang terdapat kelompok kontrol dan tiga kelompok perlakuan, pemilihan subjek penelitian ini dilakukan secara random. Formula kontrol dengan komposisi 100% ikan patin, SLT 1 dengan perbandingan komposisi 70% ikan patin : 30% tahu, SLT 2 50% ikan patin : 50% tahu, SLT 3 ikan patin 40% : tahu 60%. Di uji organoleptik dengan 25 panelis dengan indikator warna, rasa, aroma dan tekstur. **Hasil :** distribusi rata-rata formula SLT 0 (3,73), SLT 1 (3,91), SLT 2 (3,57), SLT 3 (2,85) **Kesimpulan :** Panelis lebih menyukai formula SLT 1 dengan komposisi ikan patin 70 gram : tahu 30 gram dengan nilai rata-rata 3,98 kategori agak suka. Protein pada 1 porsi sate lilit pahu (ikan patin dan tahu) sudah mencukupi kebutuhan protein pada balita dalam kudapan tersebut sebesar 7,55 gram. Dengan nilai PER (Protein Energi Ratio) sebesar 24,61%. dan kepadatan energi sebesar 3,62.

Kata Kunci : Stunting, protein, sate lilit, ikan patin

**ACCEPTANCE TEST OF MODIFICATION OF SATE LILIT PAHU
(PATIN FISH AND TOFU) ACCORDING TO THE PRINCIPLES OF
FEEDING INFANTS AND CHILDREN
AS AN ALTERNATIVE TO PREVENTING STUNTING**

ABSTRACT

Background: Stunting is a condition in which children under the age of 5 are stunted in their growth as a result of chronic malnutrition, so they are too short for their age. Stunting is caused by protein deficiency in the long term. In addition to being high in protein, patin fish is also low in saturated fat which is good for consumption by all ages, patin fish is also a source of omega 3 fatty acids, selenium and taurine which function to stimulate the growth and development of brain cells, especially for toddlers and children. **Objective:** to determine the acceptability of skewers (patin fish and tofu) in accordance with the principles of infant and child feeding as an alternative to stunting prevention. **Method:** True Experimental, which is a form of experimental research in which there is a control group and three treatment groups, the selection of research subjects was carried out randomly. Control formula with a composition of 100% patin fish, SLT 1 with a composition ratio of 70% patin fish: 30% tofu, SLT 2 50% patin fish: 50% tofu, SLT 3 40% patin fish: tofu 60%. Organoleptic test with 25 panelists with indicators of color, taste, aroma and texture. **Results:** average distribution of the SLT formula 0 (3.73), SLT 1 (3.91), SLT 2 (3.57), SLT 3 (2.85). **Conclusion:** Panelists preferred the SLT 1 formula with patin fish composition 70 grams: 30 grams of tofu with an average value of 3.98 in the rather like category. The protein in 1 serving of satay wrapped around the thigh (patin fish and tofu) is sufficient for the protein needs of toddlers in the snack of 7.55 grams. With a PER (Protein Energy Ratio) value of 24.61%. and an energy density of 3.62.

Keywords : Stunting, proteins, sate lilit, patin fish