DAYA TERIMA DAN KADAR PROTEIN SARI LAKUME SEBAGAI ALTERNATIF MINUMAN UNTUK MENCEGAH RESIKO KURANG ENERGI KRONIS PADA WANITA USIA SUBUR (WUS)

ABSTRAK

Latar Belakang Kurang Energi Kronis (KEK) adalah keadaan kekurangan asupan energi dan protein pada Wanita Usia Subur (WUS) yang berlangsung secara terus-menerus dan mengakibatkan gangguan kesehatan. Salah satu bahan pangan yang mengandung tinggi protein adalah biji labu kuning dan edamame. Kedua bahan ini diolah sebagai bahan pangan campuran salah satunya yaitu pada minuman Sari Lakume. **Tujuan** penelitian ini untuk mengidentifikasi uji daya terima dan kadar protein Sari Lakume sebagai alternatif kudapan untuk mencegah kurang energi kronis. **Metode** penelitian ini merupakan jenis penelitian pre eksperimental. Terdapat 3 formulasi Sari Lakume yang berbeda. Uji daya terima dilakukan dengan panelis sebanyak 25 orang dengan kategori agak terlatih. Data hasil uji daya terima kemudian dianalisis menggunakan uji statistika *Kruskal Wallis,* apabila terdapat perbedaan yang signifikan akan dilanjutkan dengan uji statistika *Mann Whitney*. Selanjutnya untuk mengetahui kandungan protein, dilakukan uji kadar protein. **Hasil** uji daya terima pada formulasi 1 dengan rerata nilai 3,91 termasuk kategori suka, formulasi 2 rerata nilai 3,72 termasuk kategori suka, dan formulasi 3 rerata nilai 2,93 termasuk kategori agak suka. Pada uji kadar protein didapatkan hasil formulasi 1 sebanyak 2,72%, formulasi 2 sebanyak 2,84%, dan formulasi 3 sebanyak 2,63%. **Kesimpulan** penelitian ini, yang paling disukai panelis adalah formulasi 1 dengan kode F1 (80 : 80 : 2) dan dari hasil uji kadar protein yang mendapat nilai tertinggi yaitu formulasi 2 (65 : 95 : 2) yakni 2,84%. **Saran** diharapkan Sari Lakume dapat dijadikan alternatif kudapan padat gizi untuk mencegah KEK pada WUS. Dan diharapkan penelitian ini lebih dikembangkan lagi.

Kata Kunci : Kurang Energi Kronis, Wanita Usia Subur, Biji Labu Kuning, Edamame, Minuman Sari Lakume, Daya Terima, Kadar Protein

ACCEPTANCE AND PROTEIN LEVELS OF SARI LAKUME AS AN ALTERNATIVE DRINK TO PREVENT THE RISK OF CHRONIC ENERGY LACK IN WOMEN OF REPRODUCTIVE AGE (WUS)

ABSTRACT

Background *Chronic Energy Deficiency (CED) is a condition of lack of energy and protein intake in Women of Reproductive Age (WUS) which takes place continuously and causes health problems. One of the foods that are high in protein are pumpkin seeds and edamame. Both of these ingredients are processed as mixed food ingredients, one of which is Sari Lakume drink.* ***The purpose*** *of this study was to identify the acceptability test and protein content of Sari Lakume as an alternative snack to prevent chronic energy deficiency. This research* ***method*** *is a type of pre-experimental research. There are 3 different Sari Lakume formulations. The acceptability test was carried out with 25 panelists in the slightly trained category. Data from the acceptability test results were then analyzed using the Kruskal Wallis statistical test. If there is a significant difference, it will be continued with the Mann Whitney statistical test. Furthermore, to determine the protein content, a protein content test was carried out. Acceptability test* ***results*** *in formulation 1 with an average value of 3.91 including the like category, formulation 2 the average value of 3.72 including the like category, and formulation 3 the average value of 2.93 including the rather like category. In the protein content test, the results of formulation 1 were 2.72%, formulation 2 was 2.84%, and formulation 3 was 2.63%.* ***The conclusion*** *of this study, the most preferred by the panelists was formulation 1 with code F1 (80 : 80 : 2) and from the protein content test results the highest score was formulation 2 (65 : 95 : 2) namely 2.84%. The suggestion is that Sari Lakume can be used as an alternative nutrient-dense snack to prevent KEK in WUS. And it is hoped that this research will be further developed.*

Keywords: Chronic Energy Deficiency, Women of Reproductive Age, Pumpkin Seeds, Edamame, Lakume Juice, Acceptance, Protein Content