

UJI DAYA TERIMA DAN KADAR BESI DIMSUM “LORI” SEBAGAI ALTERNATIF KUDAPAN UNTUK MENCEGAH ANEMIA REMAJA PUTRI

ABSTRAK

Latar Belakang: Anemia masih menjadi masalah saat ini. Hal ini ditunjukkan data Riskesdas 2018 pada Remaja Putri sebesar 84,6%. Jika anemia pada Remaja Putri tidak ditangani akan berpengaruh buruk pada kesehatan, konsentrasi, dan prestasi di sekolah. Anemia dapat dicegah dan dikendalikan dengan mengonsumsi salah satu makanan protein hewani yang cukup tinggi kadar besi yaitu ikan teri sebesar 3,9mg per 100g. Selain itu, salah satu tanaman yang mempunyai kadar besi cukup tinggi yaitu daun kelor yang diolah menjadi tepung daun kelor, digunakan sebagai substitusi pada produksi dimsum LORI yang memiliki kadar besi 28,2mg dalam 100g. **Tujuan:** Untuk mengetahui uji daya terima dan kadar besi Dimsum LORI (Tepung Daun Kelor dan Ikan Teri) sebagai alternatif kudapan untuk mencegah anemia Remaja Putri. **Metode:** Jenis penelitian eksperimental. Terdapat 1 kontrol dan 2 perlakuan, yaitu dengan perbandingan formulasi 1 antara daging ayam:ikan teri:tepung daun kelor yaitu 100g:0g:0g, 0g:97g:3g, 0g:94g:6g. Uji daya terima dilakukan sebanyak 25 orang dengan kategori agak terlatih. Uji kadar besi menggunakan metode ICP-OES. Teknik analisis data menggunakan uji statistika *Kruskal Wallis* dan diteruskan dengan uji *Man Whitney*. **Hasil Penelitian:** Uji daya terima formula F1 yaitu 3,86 (suka), F2 yaitu 3,37 (suka), dan F3 yaitu 3,03 (biasa). Hasil uji kadar besi pada formulasi kontrol sebesar 1,96mg/100g dan formulasi yang paling banyak disukai sebesar 2,32mg/100g. **Kesimpulan:** Dimsum formulasi perlakuan dapat memenuhi kebutuhan fe dalam satu kali kudapan sebesar 2,3mg (F2), 2,5mg (F3) dari kebutuhan AKG remaja putri satu kali kudapan sebesar 1,27mg.

Kata kunci: Anemia, Remaja Putri, ikan teri, tepung daun kelor

TEST OF ACCEPTANCE AND IRON CONTENT OF DIMSUM "LORI" AS AN ALTERNATIVE SNACK TO PREVENT ANEMIA IN ADOLESCENT GIRLS

ABSTRACT

Background: Anemia is still a problem today. This is shown by the Riskesdas data 2018 for young women of 84.6%. If anemia in young women is not treated, it will have a negative effect on health, concentration, and achievement in school. Anemia can be prevented and controlled by consuming one of the animal protein foods which is quite high in iron, namely anchovies of 3.9mg per 100g. In addition, one of the plants that has a fairly high iron content, namely Moringa leaves which are processed into Moringa leaf flour, is used as a substitute in making LORI dimsum which has an iron content of 28.2mg in 100g. **Purpose:** To determine the acceptability test and iron content of Dimsum LORI (Moringa Leaf Flour and Anchovy) as an alternative snack to prevent anemia in young girls. **Method:** This type of experimental research. There were 1 control and 2 treatments, namely the ratio of formulation 1 between chicken meat:anchovy:moringa leaf meal, namely 100g:0g:0g, 0g:97g:3g, 0g:94g:6g. The acceptability test was carried out by 25 people in the somewhat trained category. Test for iron levels using the ICP-OES method. The data analysis techniques used the *Kruskal Wallis* statistical test and continued with the *Man Whitney* test. **Results:** The acceptability test of the F1 formula is 3,86 (likes), F2 is 3,37 (likes), and F3 is 3,03 (ordinary). The results of the iron content test in the control formulation were 1.96mg/100g and the most preferred formulation was 2.32mg/100g. **Conclusion:** Dimsum treatment formulation can meet the needs of Fe in one snack of 2,3mg (F2), 2,5mg (F3) of the AKG needs of female adolescents in one snack of 1,27mg.

Keywords: Anemia, Adolescent Girls, Anchovies, Moringa flour