

ABSTRAK

Desy Pasaribu 5183240024: Analisis Zat Gizi Nori Torbangun Dan Ikan Teri (TORBATE) Sumber Kalsium Alternatif Untuk Ibu Menyusui. Skripsi. Prodi Gizi. Jurusan Pendidikan Kesejahteraan Keluarga. Fakultas Teknik Universitas Negeri Medan. 2023

Kebutuhan gizi setiap orang berbeda bergantung pada usia, jenis kelamin serta keadaan dan aktivitas yang dilakukan termasuk pada masa menyusui. Berdasarkan AKG, kebutuhan ibu menyusui meningkat 400 kkal/hari. Pemenuhan konsumsi sesuai kebutuhan termasuk kalsium serta mengkonsumsi bahan pangan yang mampu meningkatkan produksi ASI seperti torbangun dapat mempengaruhi produksi ASI. Tujuan dari penelitian ini adalah Pembuatan nori berbahan dasar torbangun dengan penambahan ikan teri formulasi 10 persen, 15 persen, dan 20 persen. 1) Uji hedonik nori torbangun dan ikan teri terhadap rasa, aroma, warna, dan tekstur. 2) Formula terbaik nori torbangun dan ikan teri. 3) Analisis fisik nori torbangun dan ikan teri terhadap ketebalan dan tekstur kerenyahan. 4) Analisis zat gizi nori torbangun dan ikan teri pada formulasi terbaik yaitu kadar air, abu, protein, lemak, serat pangan, karbohidrat, dan kalsium. Metode yang digunakan dalam penelitian ini adalah Rancangan Acak Lengkap (RAL) dengan 4 (empat) perlakuan dan 2 (dua) kali ulangan. Rancangan perlakuan yang dilakukan merupakan perbandingan torbangun dengan ikan teri yaitu F1 (100:0), F2 (90:10), F3 (85:15) dan F4 (80:20). Proses pembuatan nori diawali dengan penepungan ikan teri, lalu pengolahan awal torbangun dan terakhir pembuatan nori dengan metode pengeringan menggunakan oven. Analisis uji daya terima dilakukan pada panelis berupa ibu menyusui sebanyak 30 orang. Analisis fisik nori dilakukan dengan pengukuran tingkat kerenyahan dan ketebalan. Analisis zat gizi dilakukan terhadap nori pada formulasi perlakuan terpilih berupa kadar air, abu, protein, lemak, karbohidrat, serat, energi dan kalsium.

Hasil penelitian menunjukkan bahwa nori torbangun dan ikan teri perlakuan terpilih yaitu F3 (85:15) berdasarkan hasil uji hedonik. Pengukuran fisik nori torbangun dan ikan teri berdasarkan tingkat ketebalan sebesar 0,27-1,03 mm dan berdasarkan tingkat tekstur kerenyahan sebesar 4,65-24,17 N/cm². Nori torbangun dan ikan teri perlakuan terpilih mengandung energi sebesar 458 kkal, kadar air (5,33%), kadar abu (7,64%), kadar protein (22,69%), kadar lemak (22,01%), kadar serat kasar (2,12%), kadar karbohidrat (42,33%) dan kadar kalsium (59,95%). Kandungan kalsium pada nori F3(85:15) sebesar 299,75 mg/100 gram. Sehingga sesuai dengan ketentuan BPOM, nori torbangun dan ikan teri (torbate) dapat diklaim sebagai makanan alternatif sumber kalsium bagi ibu dalam fase menyusui

ABSTRACT

Desy Pasaribu 5183240024: *The Nutritional Analysis of Nori Torbangun And Anchovies (TORBATE) as An Alternative Source of Calcium For breastfeeding Mothers. Essay. Nutrition Study Program. Majoring in Family Welfare Education. Faculty of Engineering. Unimed. 2023*

Everyone's nutritional requirements are different depending on age, gender and circumstances and activities, including during breastfeeding. Based on the RDA, the need for breastfeeding mothers increases by 400 kcal/day. Fulfillment of nutritional needs can be done by consuming as needed. The purpose of this study was to make torbangun-based nori with the addition of anchovy formulations of 10 percent, 15 percent, and 20 percent. 1) Hedonic test of torbangun nori and anchovies for taste, aroma, color, and texture. 2) The best formula for nori torbangun and anchovies. 3) The best formula for nori torbangun and anchovy 4) Physical analysis of nori torbangun and anchovy for thickness and crunchy texture. 5) Analysis of the nutrients of nori torbangun and anchovies in the best formulation, namely the content of water, ash, protein, fat, dietary fiber, carbohydrates, and calcium. The method used in this study was a completely randomized design (CRD) with 4 (four) treatments and 2 (two) repetitions. The treatment design used was a comparison of torbangun with anchovies, namely F1 (100:0), F2 (90:10), F3 (85:15) and F4 (80:20). The process of making nori begins with flouring the anchovies, then processing the torbangun and finally making the nori using the oven drying method. Acceptance test analysis was carried out on panelists in the form of 30 breastfeeding mothers. Nori physical analysis was carried out by measuring the degree of crispness and thickness. Nutritional analysis was carried out on nori in the selected treatment formulations in the form of water content, ash, protein, fat, carbohydrates, fiber, energy and calcium.

The results showed that torbangun nori and anchovies produced in the F3 treatment (comparison of torbangun 85 and anchovies 15) were the selected formulations based on the acceptability test results which were the most liked by the panelists. Physical measurements of torbangun nori and anchovies were based on a thickness level of 0.27-1.03 mm and based on a texture level of 4.65-24.17 N/cm². Nori torbangun and anchovy in the selected formulation contain energy of 458 kcal, moisture content (5.33%), ash content (7.64%), protein content (22.69%), fat content (22.01%), dietary fiber content (2.12%), carbohydrate content (42.33%) and calcium content (59.95%). Based on the calcium content in nori in 100 grams of 299.75 mg. So that according to BPOM provisions, torbangun nori and anchovies can be claimed as a source of calcium for mothers in the breastfeeding phase.