

Making *Cookies* Subtitution of Soybeans Flour and Coconut Drugs Flour as a Food in *Stunting* Children

Retno Herawati

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Stunting is a condition where the toddler's height which is too low based on age is below -2 standard deviations from the nutritional status table. The prevalence of stunting decreased from 2018 to 2020. However, even though the prevalence of stunting in Indonesia was still above the limit set by the WHO for the problem of stunting under five, it was less than 20%. Therefore, one of the efforts to prevent stunting is to provide additional nutritional intake in the form of snacks with adequate nutrients. This study aims to determine the protein content and characteristics of cookies substituted with soy flour and coconut pulp flour as a snack for stunted children. The experimental design used in this study was a completely randomized design (CRD) with 6 treatments and 4 repetitions, namely P1 (97%:3%), P2 (94%:6%), P3 (91%:9%), P4 (88%:12%), P5 (85%:15%), and P6 (82%:18%). The analysis used is protein content and organoleptic. The results of the research on soybean flour cookies and coconut pulp flour had a significant effect ($P < 0.05$) on protein content, hedonic quality parameters of color, taste, and aroma as well as hedonic tests on color, taste, aroma, and texture. However, it had no significant effect ($P > 0.05$) on the hedonic quality of the texture. The best treatment was P3 treatment with the addition of 91% soybean flour and 9% coconut pulp flour which was liked by the panelists and liked by all panelists of toddlers. The recommended serving of cookies in one consumption for toddlers 4-6 years is 4 pieces (20 grams) with an energy content of 97.5 kcal, protein 4.1 grams, fat 5.3 grams, and carbohydrates 8.1 grams.

Keywords: Stunting, Cookies, Soybean Flour, Coconut dregs flour