

Kajian Proporsi Tepung Daun Kelor dan Terigu dalam Pembuatan Kue Stik sebagai Makanan Selingan Tinggi Zat Besi bagi Penderita Anemia (*Study of Moringa Leaf Flour and Wheat Flour Proportion in the Making Stick as a High Iron Snack for Anemia Sufferers*)

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ABSTRACT

Anemia with iron deficiency caused by a lack of iron in the body. Anemia can be prevented and overcome by consuming foods high in iron so that iron intake can be fulfilled. One of the food products that are often consumed by the community is stick which will be proportioned to moringa leaf flour which has high iron content compared to other green vegetables. This study aims to determine the characteristics of stick with the proportion of moringa leaf flour as an alternative snack for anemia sufferers. The experimental design used was complete randomized design (crd) with 5 substitution treatment of drumstick leaves flour P1=5%; P2=10%; P3=15%; P4=20%; P5=25% and in each treatment repeated 5 times. the results showed that each addition of moringa leaf flour increased the iron content of sticks in proportion to moringa leaf flour which was between 5,05-11,33 mg/100 gram. The results of the physical texture test on stick cakes the proportion of moringa leaf flour was not significantly different from the values between 3,68-4,44N. Organoleptic test result have a significant effect on hedonic quality of color, taste, aroma and do not significantly affect on texture. Organoleptic test result have a significant effect on hedonic test of taste, aroma, texture and do not significantly affect on color.

Key words: *anemia, iron deficiency anemia, moringa leaf flour, stick.*