

MAKING OF INSTANT POWDER FROM RED DRAGON FRUIT(FOAM-MAT DRYING METHOD) AND SOY FLOUR AS COMPLEMENTARY FEEDING BABY SOURCE OF PROTEIN

Daffa Hananta

Clinical Nutrition Study Program
Health Departement

ABSTRACT

Fulfillment of children's nutritional intake is important to note. One of the nutritional problems that still occurs in Indonesia is stunting. Stunting is a condition in which a child's body length does not meet established standards. The prevalence of stunting, especially in Jember Regency ranks first in East Java Province. Stunting can be prevented by providing food sources of protein to help catch up with child growth. The purpose of this study was to examine the characteristics of complementary foods for breast milk (MP-ASI). The research design used a completely randomized design (CRD) with 6 formulas and 4 replications. The formulations used were dragon fruit powder and soybean flour with a ratio of 20%:30%, 18%:32%, 16;34%, 14:36%, 12%:18%, 10%:40%. The results showed that the highest protein content in formula 6 was 8.06% and the lowest in formula 1 was 4.99%. There are differences in protein content of each formula (sig <0.05). The best treatment in this study was formula P4 with a moisture content of 3.86%, ash content of 1.18%, protein 12.88%, fat 24/92%, and total carbohydrates 57.17%. The serving size of MP-ASI for one meal is 25 grams with a total nutritional energy content of 130 kcal, 3 grams of protein, 6 grams of fat and 14 grams of carbohydrates.

Keywords: *Complementary feeding baby, dragon fruit powder, protein, soy flour.*