

Study of Making Ice Cream from Moringa Leaf Juice and Strawberry Juice as Snacks to Prevent Anemia

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ABSTRACT

Adolescents are the most vulnerable age to experience various nutritional problems, one of which is iron deficiency anemia. The problem of anemia often occurs in young women when experiencing a period of growth, one of which is the menstrual period every month. Anemia can be prevented by consuming foods that are high in iron so that the iron needs of young women can be fulfilled optimally. One of the popular food products for young women today is ice cream, which contains the addition of Moringa leaf extract and strawberry extract, because Moringa leaf extract has a high iron content compared to other green vegetables. This study aims to determine the main nutrient content of iron in ice cream with the addition of moringa leaf extract and strawberry extract as an alternative snack for young women with iron deficiency anemia. The experimental design used was a completely randomized design (CRD) with 5 treatments of Moringa leaf extract and strawberry extract P1=50:50; P2=60:40; P3=70:30; P4=80:20; P5 = 90:10 and in each treatment repeated 5 times. The results of the study showed that each addition of Moringa leaf extract increased the iron content in ice cream with the addition of Moringa leaf extract, which ranged from 3.13 to 4.94 mg/100 gram. Organoleptic results have a significant effect on the hedonic and hedonic quality of color, taste, aroma and texture of ice cream.

Keywords: Iron deficiency anemia, Moringa oleifera, Strawberry extract, Ice cream