

Formulation of Chicken Naget and Liver as a Food Source of Iron to Prevent Anemia in Young Women

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ABSTRACT

Anemia is a nutritional problem in Indonesia. Based on the 2013 Riskesdas, the prevalence of anemia in Indonesia in female adolescents who experience anemia is 37.1% and has increased to 48.9% in 2018. Anemia can also cause adverse effects on the body such as: decreased immune system, susceptible to disease, decrease in daily activities. This study aims to examine the characteristics of chicken liver and meat naget formulations as alternative foods to prevent anemia. This research is a type of laboratory experimental research and the experimental design used was Completely Randomized Design (CRD) with 6 treatments, namely: P1 = 8 : 2, P2 = 7 : 3, P3 = 6 : 4, P4 = 5 : 5, P5 = 4 : 6, P6 = 3 : 7 and performed 4 repetitions. Based on the results of the study, the best treatment was found in the P6 treatment with the chicken meat: chicken liver formulation of 3 : 7, which had a yield value of 0.79. The organoleptic test results in the P6 treatment had hedonic quality of strong savory taste and hedonic like, hedonic quality on the outside of the naget, namely bright yellow and hedonic like, hedonic quality on the inside of the naget, namely rather bright brownish yellow and hedonic really liked it, hedonic quality of aroma, namely very strong fishy and very fond of hedonic, hedonic quality of texture is chewy and hedonic like. In treatment P6 contained iron of 5.48 mg per 100 grams.

Keywords: Anemia, Chicken Liver, Naget