

***The Effect of Edamame Formula on Fe and Zinc Consumption Levels in Elderly Thin Nutritional Status UPT. Pelayanan Sosial Tresna Werdha Jember***

**Miftahul Ma'rifah**

***Clinical Nutrition Study Program***

***Department of Health***

**ABSTRACT**

*Elderly is a category of people aged 60 years and over who have entered the aging process, which causes anatomical and physiological changes in the body, which can affect the function and ability of the body as a whole. The problem of malnutrition in the elderly is caused by a lack or prolonged loss of appetite, which can cause weight loss. The edamame formula is made from the main ingredient of edamame soybeans which are rich in nutritional content such as Fe and Zinc. The aim of this study was to determine the effect of the edamame formula on the level of consumption of fe and zinc in the elderly a thin nutritional status at UPT. Pelayanan Sosial Tresna Werdha Jember. This study used true experimental designs with a cross-over design. The subject taking technique in this study used purposive sampling, with a total of 20 elderly subjects underweight nutritional status. The subjects of the study were included in the treatment group and the control group. The treatment group will be given a 200 ml edamame formula which is consumed 2 times a day for 7 consecutive days. Then a pause was carried out after administration, and in the control group monitoring was carried out for 7 days without being given the edamame formula. The effect of giving edamame formula was analyzed by Wilcoxon test. The concluded there is an effect of giving edamame formula on the level of consumption of Fe and Zinc in the elderly underweight nutritional status at UPT. Pelayanan Sosial Tresna Werdha Jember.*

**Keywords :** *Fe Intake, Zinc Intake, Edamame Formula, Nutritional Status of the Elderly.*