

**THE EFFECT OF EDAMAME FORMULA ON MACRO CONSUMPTION  
AND BODY WEIGHT IN THE ELDERLY UNDERWEIGHT  
NUTRITIONAL STATUS IN UPT. PELAYANAN  
SOSIAL TRESNA WERDHA JEMBER**

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**ABSTRACT**

*Elderly is someone who is 60 years old and over. One of the nutritional problems found in the elderly is thin nutritional status. The edamame formula is a formula that has a basic ingredient in the form of edamame. The purpose of this study was to determine the effect of giving edamame formula on the level of macronutrient consumption and body weight in the elderly underweight nutritional status in UPT. Pelayanan Sosial Tresna Werdha Jember. This study uses a type of true experimental designs research with cross-over design. The subjects of this study were 19 elderly people who had met the inclusion criteria. Elderly respondents were given edamame formula as much as 200 ml 2 times a day for 7 days. Based on the Wilcoxon test, there was an effect of giving the edamame formula on the level of consumption of macronutrients (energy, protein, fat, carbohydrates) and body weight in the elderly with a thin nutritional status. Based on the Wilcoxon test, there was no effect without giving the edamame formula on the level of consumption of macronutrients (energy, protein, fat, carbohydrates) and body weight in the elderly with a thin nutritional status. Based on the Mann Whitney test, there are differences in the level of consumption of macronutrients (energy, protein, fat, and protein) in the treatment group and the control group. Based on the Mann Whitney test there was no difference in body weight in the treatment group and the control group.*

**Keywords :** *Carbohydrate intake, Edamame formula, Elderly, Energy intake, Fat intake, Lean nutrition status, Protein intake, Weight*