

Making Waffle Substitution of Tofu Dregs Flour as an Additional Food Source of Protein for Malnourished Toddlers

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ABSTRACT

Malnutrition (wasting) is an illustration of low food intake that can occur in toddlers. Toddlers can be categorized as malnourished if they have a nutritional status based on the BB/PB or BB/TB indicators of -3 SD to <-2 SD. The strategy for handling nutritional problems in toddlers is to provide additional food (PMT) made from local food. Tofu dregs flour is a food source of protein with a content of 26.6 g per 100 grams of product which can be used as an additional food ingredient. This research aims to identify the characteristics of Waffle substitutes for tofu dregs flour regarding protein content, organoleptic quality, comparison of protein source claims according to BPOM regulations, and best organoleptic treatment with commercial products. The design of this research was a Completely Randomized Design (CRD) with 5 tofu dregs flour substitution treatment formulations, namely P1 = 10%, P2 = 20%, P3 = 30%, P4 = 40%, P5 = 50% with 5 repetitions. Based on the research results, the protein content was significantly different for each treatment. The best treatment waffle according to the results of the effectiveness index analysis is P1 (10% tofu dregs flour and 90% wheat flour) with a characteristic yellowish white color, a weak typical tofu dregs aroma, soft texture, and a weak bitter aftertaste. The best-treated waffle in 100 grams has a nutritional content of 247 kcal of energy, 10.7 grams of protein, 13.2 grams of fat, and 38.1 grams of carbohydrates.

Keywords : *Malnutrition, Protein, Tofu Dregs Flour, Waffle*