

**“MAKING GARUT PATI COOKIES WITH REBON SHRIMP FLOUR
SUBSTITUTION AS A SNACK TO PREVENT ANEMIA IN TEENAGE
WOMEN”**

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ABSTRACT

Anemia is a medical condition where hemoglobin levels are less than normal. The national prevalence of anemia in Indonesia according to data from Riskesdas is up to 21.7%. Various kinds of impacts can occur as a result of anemia. One of them is developmental disorders in children and bleeding in pregnant women. One of the causes of anemia is lack of iron consumption. This anemia can be prevented by consuming foods that are sources of iron. One food that has a source of iron is rebon shrimp. The rebon shrimp can be processed into rebon shrimp flour which can then be used to make snacks such as cookies. The aim of this research is to examine the characteristics of arrowroot starch cookies as a substitute for rebon shrimp as a snack to prevent anemia. This research is a laboratory experimental research. The experimental design used was a Completely Randomized Design (CRD). Determining the percentage of use of rebon shrimp flour in this research is 5%, 10%, 15%, 20%, 25% and 30%. By repeating each treatment 4 times. The method used for data processing is parametric statistical testing using the One Way Anova test and non-parametric data testing using the Kruskal Wallis test with a confidence level of $\alpha = 0.05$. The results of the research showed that arrowroot starch cookies substituted for rebon shrimp flour had a significant effect on iron content with the best treatment in the 3rd treatment, namely with the addition of 15% rebon shrimp flour. The results of organoleptic testing showed that the panelists on average liked arrowroot starch cookies substituted for rebon shrimp. The results of testing the nutritional content per

100 grams of the best treated cookies were iron 9.84 grams, energy 516 kcal, protein 10.19 grams, carbohydrates 51.57 grams, fat 29.96 grams, water content 4.10% and ash content 4.19%.

Key words: arrowroot starch, rebon shrimp flour, iron content, color, texture, taste and spell.