

Making Yellowtail Fish Biscuits (*Caesio cuning*) as Complementary Food for Breast Milk (MP-ASI) for Stunting Children Aged 6-12 Months

Baiq Siti Nurhalimah

*Clinical Nutrition Study Program,
Department of Health*

ABSTRACT

Stunting in toddlers is caused by various factors including direct and indirect factors. Based on direct factors are food intake and infectious diseases. Then, indirect factors are nutritional knowledge, parenting patterns, poor sanitation hygiene and poor health services. One action that can be taken is consuming foods high in protein, especially animal protein such as fish. Yellowtail fish biscuits can be used as a complementary food for breast milk to prevent stunting. This study aims to determine the effect on protein content and texture of yellowtail fish biscuits as a complementary food for breast milk (MP-ASI) in stunted children aged 6-12 months. This research used a completely randomized design (CRD). The treatment of wheat flour and yellowtail fish meal is in the ratio, P1 (90:10), P2 (80:20), P3 (70:30), P4 (60:40), P5 (50:50), P6 (40 :60) with repetition 4 times. The results of this study indicate that there is a significant difference ($\text{sig} \leq 0.05$) in the protein content of yellowtail fish biscuits. Then there was no significant difference ($\text{sig} > 0.05$) for the texture of yellowtail fish biscuits in each treatment. The organoleptic results show that the resulting texture is crunchy, has a yellow to yellowish brown color, has a slightly savory to savory taste, and has an aroma (milk) ranging from slightly strong to strong. The best treatment for yellowtail fish biscuits in this study was treatment P5 (50% wheat flour: 50% yellowtail fish flour) with energy characteristics of 442.28 kcal, 14.60% protein, 11.28% fat, 70% carbohydrate. .59%, with a texture test value of 20.56 kgf and parameters: Crispy texture/like, yellowish brown color/like, slightly savory/neutral taste, strong milk aroma/like. Giving 17 grams of yellowtail fish biscuits a day with a frequency of giving 2-3 times a day as a complementary food for breast milk (MP-ASI).

Keywords: Biscuit, Yellowtail fish meal, Stunting