

Inovation Making Flakes from Potatos Flour and Peanut Flour as a High-Protein Food for Stunted Children

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ABSTRACT

Stunting are a nutritional problem that has not yet been resolved in Indonesia. The prevalence of stunting in Jember increased from 2021 to 2022 which is higher than national and East Java. Therefore, one of the efforts to countermeasures with stunting are needed namely providing high protein snacks. The purpose of this research was to determine the protein content characteristic flakes made from potato starch and peanut flour as a high protein distraction for stunted toddlers. The experimental design used in this study was a completely randomized design (CRD) with 6 treatments and 4 repetitions, namely P1 (25%:75%), P2 (35%:65%), P3 (45%:55%), P4 (50%:50%), P5 (55%:45%), and P6 (65%:35%). The chemical analysis used is protein content, crunchy texture and organoleptics test. The result of the research on potato starch flakes and peanut flour had a significant effect $P(<0.05)$ on protein content, hedonic quality parameter of potato taste, peanut taste, granular, peanut aroma, yellow color and hedonic test on taste. But it had not effect $P >0.05$ on the hedonic quality savory taste, sweet taste, aftertaste, rough taste, dry mouth feel, pleasant aroma, fragile texture, sound, crispness, cokelat color, lightness, riff, smooth feel on the surface, and hedonic test on color, texture, and aroma. The best treatment was P2 (potato flour 35%:peanut flour 65%) which was liked by panelists and liked by 22 panelists with stunted toddlers. The recommended serving of flakes is consume for toddlers 1-3 years is 20 gram (8 pieces) with an energy 91 kkal, protein 2 grams, fat 3 grams and carbohydrates 14 grams.

Keywords : *Stunting, Flakes, Potato Flour, Peanut Flour*