Making Kurisi Fish Meatballs Substitute for Oyster Mushrooms as an Alternative to Supplementary feeding (PMT) for Stunting Toddlers

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ABSTRACT

According to the Ministry of Health's Survei Status Gizi Indonesia (SSGI), the prevalence of stunted children in Indonesia reached 21.6% in 2022. Factors that cause stunting are related to insufficient intake of nutrients such as protein and calcium. Efforts can be made to meet the nutritional needs for protein and calcium by providing additional food in the form of kurisi fish meatballs substituted for oyster mushrooms. This research aims to describe the characteristics of kurisi fish meatballs as a substitute for oyster mushrooms as an alternative supplementary feeding to PMT for stunted toddlers. The research design used was a Completely Randomized Design (CRD) with 6 treatments and 4 replications with a comparison of kurisi fish meat and oyster mushrooms P1 48:52, P2 42:58, P3 36:64, P4 30:70, P5 24:76, and P6 18:82. Based on the research results, the calcium content of kurisi fish meatballs substituted with oyster mushrooms was significantly different for each treatment, ranging from 5.00 mg - 9.25 mg per 100 grams of product. Sensory tests on kurisi fish meatballs substituted for oyster mushrooms include hedonic and hedonic quality, getting an average smooth surface appearance, not hollow, bright with a rating of liking to very liking, specific taste of the product (fish meatballs) with a liking rating, specific smell of the product (fish meatballs).) with a like rating, and a dense, compact, chewy texture with a like rating. The best treated fish balls were in treatment P1 with nutritional content per 100 grams, namely energy 186.4 kcal, protein 14.81 g, fat 9.48 g, carbohydrates 10.46 g, calcium 5.5 mg.

Key words: Stunting, Fish Meatballs, Oyster Mushrooms, Calcium