

***Making Kurisi Fish Cakes with the Addition of Soy Flour and Tapioca as an Alternative Supplementary Feeding for Stunted Toddlers***

**Ayu Ivany Reztza**

*Clinical Nutrition Study Program*

*Department of Health*

**ABSTRACT**

*Stunting is a nutritional problem resulting from long-term malnutrition caused by insufficient nutrition in previous periods. Stunting is caused by macro and micronutrient deficiencies. Macronutrients that affect the incidence of stunting are energy, protein, and fat, while micronutrients are iron. Toddlers who do not receive enough iron experience inhibited growth, which ultimately can lead to stunting. Efforts to address the problem of stunting in toddlers include conducting Supplementary Feeding Programs (PMT) for toddlers. Soy flour is one of the food ingredients that has a sufficiently high iron content. This study aims to examine the production of fish cake with the addition of soy flour and tapioca as an alternative PMT for stunted toddlers. The design used was a Completely Randomized Design (RAL) with 6 formulations, namely 3:7, 4:6, 5:5, 6:4, 7:3, and 8:2 with 4 replications. Based on the research results, fish cake with the highest iron content is from treatment P6. The best fish cake treatment is found in treatment P4 based on the calculation of the effectiveness index value. The characteristics of fish cake treatment are a bright appearance specific to the type and without mucus, a strong specific product flavor, a strong specific smell of the type, and a solid, compact, and sufficiently elastic texture. The best fish cake treatment has nutritional content per 100 grams as follows: energy 255.39 kcal; protein 14.64 g; fat 6.63 g; carbohydrates 34.29 g; ash content 1.02%; moisture content 43.43%; and iron content 1.67 mg.*

**Keywords:** *Fish Cake, Soy Flour, Tapioca, Stunting, Protein, Iron*