

Making Kurisi Fish Sausage with the Addition of Oyster Mushroom Flour and Tapioca Flour as an Alternative Supplementary Feeding for Stunted Toddlers

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ABSTRACT

One of the most common forms of malnutrition and still a major challenge in Indonesia is stunting. Stunting is a chronic nutritional problem in toddlers, namely the child's height is lower or shorter (stunted) than the age standard. One of the causes of stunting in toddlers is a long-term lack of intake of macro and micro nutrients. Lack of consumption of macronutrients such as protein and micronutrients, namely iron. Toddlers who lack protein and iron can cause stunting. Overcoming stunting in toddlers is by providing additional food Supplementary Feeding Programs. Oyster mushroom flour is a flour with a source of iron. This study aims to examine the production of fish cake with the addition of soy flour and tapioca flour as an alternative Supplementary Feeding Programs 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 Sausage with the highest iron content is from treatment P6. The best Fish Sausage treatment is found in treatment P4 based on the calculation of the effectiveness index value. The characteristics of Fish Sausage 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 Sausage treatment has nutritional content per 100 grams as follows: energy 248,19 kcal; protein 15,53 g; fat 7,11 g; carbohydrates 32,52 g; ash content 1.08%; moisture content 45,76%; and iron content 4,11 mg.

Keywords: *Fish Sausage, Oyster Mushroom, Tapioca, Stunting.*