

***Making Kurisi Fish Nuggets With The Addition of Soybean Flour and Tapioca as an Alternative to Providing Additional Food For Stunting Toddlers***

**Yoli Maifitri**

*Clinical Nutrition Study Program*

*Department of Health*

**ABSTRACT**

*Stunting, as one of the nutritional problems experienced by toddlers today, has increased in prevalence to 30.8%, according to 2018 Basic Health Research data. The increase in the prevalence of stunting can be caused by deficiencies in nutritional intake. Nutrient intake which is a risk factor for stunting is categorized into 2, namely macronutrient intake and micronutrient intake. The macronutrient intake that most influences the occurrence of stunting is protein intake, while the micronutrient intake that influences the incidence of stunting is zinc intake. One effort that can be made to overcome deficiencies in nutritional intake is by increasing nutritious food intake by providing additional food (PMT). This research aims to examine the making of kurisi fish naget with the addition of soybean flour and tapioca as an alternative to providing additional food for stunting toddlers. The design used was RAL (Completely Randomized Design) with 6 treatments of tapioca flour: soy flour, namely P1 = 6: 4, P2 = 5: 5, P3 = 4: 6, P4 = 3: 7, P5 = 2: 8, P6 = 1 : 9 and repeat 4 times. Based on the research results, the naget with the highest zinc content was the P5 treatment. The best treatment is found in the P5 treatment based on the calculation of the effectiveness index value. The best treated naget has nutritional content per 100 grams, energy 333.15 kcal, protein 15.20 g, fat 12.63 g, carbohydrates 39.67 g, and zinc 1.86 mg.*

**Keywords :** *Soybean Flour, Tapioca, Kurisi Fish, zinc, Nuggets, Stunting*