

The Study of Making Cookies with the Addition of Moringa Leaf Flour and Sesame Seeds as a Distinct High in Iron to Prevent Anemia

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ABSTRACT

Anemia is still a health problem in the world, especially in developing countries. Anemia with iron deficiency is known as iron anemia. Anemia has a negative impact on the sufferer's physical and cognitive development, so prevention efforts are needed. Efforts to prevent anemia can be done by consuming foods high in iron. One of the foods that are high in iron is moringa leaves and sesame seeds. This study aims to determine the content of nutrients, especially iron in cookies with the addition of Moringa leaf flour and sesame seeds as a snack to prevent anemia. The design used was a completely randomized design (CRD) with 5 treatment formulations, namely P1 (68% moringa leaf flour and 32% sesame seeds), P2 (60% moringa leaf flour and 40% sesame seeds), P3 (52% moringa leaf flour and 48% of sesame seeds), P4 (44% moringa leaf flour and 56% sesame seeds), and P5 (36% moringa leaf flour and 64% sesame seeds) and each treatment was repeated 5 times. The results showed that the higher the amount of addition of Moringa leaf flour used, the higher the iron content produced, which ranged from 5.75 to 9.12 mg / 100 grams. The addition of Moringa leaf flour and sesame seeds had a significant effect on iron content but did not significantly affect the physical properties of the texture of cookies. The best treatment of this study was P5 treatment (36% Moringa leaf meal and 64% sesame seeds).

Key words: Anemia, Moringa leaves, sesame seeds, iron