

Penambahan Tepung Daun Kelor (*Moringa oleifera*) dalam Pembuatan Mie Basah sebagai Makanan Alternatif Tinggi Kalsium untuk Mencegah Osteoporosis (The Addition of Flour Leaf Moringa in a Wet noodle as Alternative Food High a Calcium to Prevent Osteoporosis)

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ABSTRACT

The addition of flour leaf moringa in a wet noodle as alternative food high a calcium to prevent osteoporosis. This is because the flour leaves moringa contain a high calcium. Research objectives: to know the content of nutrients especially calcium on a wet noodle with the addition of moringa leaf flour as food alternatives to prevent osteoporosis. Research methods: experimental research using random design group with 6 treatment of adding the flour leaves moringa namely: A1 (2,5% moringa leaf flour), A2 (5% moringa leaf flour), A3 (7,5% moringa leaf flour), A4 (10% moringa leaf flour), A5 (12,5 moringa leaf flour), A6 (15% moringa leaf flour), and each treatment was repeated four times. Results of research: the addition of moringa leaf flour on a variety of treatment effect on calcium content of wet noodles, adding more moringa leaf flour then the calcium content of a wet noodle. Treatment of the A4 (10% moringa leaf flour) is the best in terms of treatment effectiveness index. Conclusion: addition of flour leaves significant different moringa real against the content of calcium, the addition of a wet noodle flour leaves significant influential moringa (sig 0,05) against the hedonik quality, and the best treatment A4 (10% leaf moringa flour) in a serving of 200 gr contain calcium 267,86 mg.

Keywords: Calcium, Moringa Leaf Flour, Osteoporosis