

Calcium fortification of Flour Bone Fish Mackerel on the creation of an alternative as a food Nugget Osteoporosis Prevention

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ABSTRACT

Calcium function as bone formation. Teen age ahead 20 years experience rapid bone formation which is a time of preparation for the peak growth period of the pour. The nuggets with the fortification of calcium from bone flour fish mackerel as food alternatif the prevention of osteoporosis. This is because the mackerel fish bone flour represents a high calcium content. Research objectives: to know the characteristics of flour fortification of kasium nugget bone fish mackerel. Methods: experimental research using randomized complete design with 1 treatment controls and 5 treatment of adding flour bone fish mackerel i.e. A0 (without the addition of flour bone fish mackerel), A1 (1% of flour bone fish mackerel), A2 (2% flour bone fish mackerel), A3 (3% flour bone fish mackerel), A4 (4% fish bone flour mackerel), A5 (5% flour bone fish mackerel), and each treatment was repeated four times. Research results: the addition of flour bone fish mackerel on a variety of treatment effect on calcium content of the nuggets, the more the addition of flour fish bone calcium content then mackerel on the nuggets rise. Treatment of the A4 (4% fish mackerel) is the best in terms of treatment effectiveness index. Conclusion: addition of flour bone fish mackerel on different significant real nuggets against the calcium content of the nuggets. The addition of flour bone fish mackerel influential significance ($\text{sig} \geq 0.05$) against the quality of hedonik. The best treatment A4 (4% addition of flour fish mackerel bones) meet the needs of calcium a day for as much as 60%.

Key Words: Calcium, Flour Bone Fish Mackerel, Osteoporosis