

Studi Pembuatan Bakso Ikan Teri Nasi (*Stolephorus sp*) sebagai Makanan Tinggi Fosfor Bagi Ibu Hamil. (*Study of Making Meatballs Anchovy (*Stolephorus sp*) as High Phosphorus Food for Pregnant Women.*)

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ABSTRACT

Phosphorus is the second largest mineral in the body, which is 1% of body weight. One of the food products are popular among the public namely meatballs that will be used in the manufacture of compositions with anchovies, anchovies because rice has a high phosphorus content which is expected to be a food that can meet the needs of each individual phosphor. This study aims to assess making meatballs anchovies as foods high in phosphorus for pregnant women. Research design used was a completely randomized design. Based on the research that has been done can be concluded phosphorus showed significantly different results between treatments. Meatballs anchovies manufacture highly significant (significant) on hedonic test and hedonic quality. The best treatment on making meatballs anchovies is P5 treatment with anchovies ratio of 70%: 30% starch. Giving amount meatballs anchovies in a day is recommended for pregnant women who are 5 seed or 50 g containing phosphorus as much as 685 mg of which accounted for approximately 97.85% of the total phosphorus daily requirement of pregnant women

Keywords: Phosphorus, Anchovies, pregnant mother, meatball.