

Making study Rolade Cob Fish as Food distraction for Patients with Iron Deficiency Anemia

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ABSTRACT

Rolade-based swordfish allow as alternative foods rich in iron. This is because apart from the more economical in terms of price and the high stock of tuna in the area of Probolinggo. The research objective was to determine the levels of iron and organoleptic value on Rolade tuna, as well as the best treatment of various types of treatment Rolade tuna. Study is a laboratory experimental research conducted at the Laboratory of Food Analysis Polytechnic of Jember. Research using completely randomized design (CRD) non factorial with the treatment composition between batter and swordfish, which consists of: R1 (dough 100 g and tuna 50 g), R2 (dough 100 g and tuna 60 g), R3 (dough 100 g and tuna 70 g), R4 (dough 100 g and tuna 80 g), R5 (dough 100 g and tuna 90 g) and R6 (dough 100 g and swordfish 100 g), each treatment repeated four times. Results showed treatment dough composition and swordfish in various compositions effect on iron levels Rolade tuna. Treatment dough composition and swordfish in various compositions affect the organoleptic properties Rolade swordfish (hedonic and hedonic quality). The treatment composition of the dough 100 g and 100 g tuna fish is the best treatment in terms of effectiveness index.

Keywords: swordfish, iron, and iron deficiency anemia.

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