

Studi Pembuatan Dodol Substitusi Kurma sebagai Alternatif Makanan Selingan bagi Remaja Putri Penderita Anemia Gizi Besi (Fe) *(Study of the Manufacture of Dodol Substitution of Date as an Alternative Food Interlude for Teenage Girls Who Suffer from Nutritional Anaemia of Iron (Fe))*

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ABSTRACT

Background: *Nutritional Anaemia is one of nutritional problems that often happens in Indonesia, and most of them is anaemia of iron nutrition. Teenage girl have a higher risk of anaemia than teenage boy. Fortification of food is an act of adding micronutrients content in foods so that it can improve the quality of nutrition. In fulfilling the needs of iron (Fe), it can be obtained through food interludes from the fruit of the date palm. The selection of the type of food interludes are based on people's interest, one of traditional foods preferred and can be used as an alternative food for distraction is dodol.*

The purpose of the study: *Investigate the manufacture dodol substitution of date as an alternative food for distraction for young women nutritional anaemia sufferers of iron (Fe)*

Research methods: *this research is experimental research with Complete Random Design method (RAL). The used sample is a dodol substitution of dates of 7 samples with 4 replicates. The analysis of the data used is One Way Anova test on the confident interval of 0.05 ($\alpha = 0,05$) and continued with Real Honest Difference test (BNJ).*

Results: *From the data analysis, the content value of iron (Fe) showed the significant different treatment between dodol substitutions of dates. The making of dodol substitution of dates as an alternative food interludes for teenage girl who suffers from nutritional anaemia of iron was different (significant) against hedonic test and hedonic quality test based on the aspects of colour, flavour, aroma, and texture. The best treatment in the manufacture of dodol substitution of dates was on the A6 with the comparison treatment dates and glutinous rice flour 30%:70% Fe content of 6.99 mg/100g. Dodol substitution of dates as an interlude food was gave in a day based of Adequate Nutrition in 2013 on iron consumption of the teenage girl of the day that was 26 mg per day and it is equal to 6 pieces of dodol.*

Conclusion: *There were significant effects of dates on the iron content, the organoleptic properties, and nutritional composition on Dodol substitution of dates.*

Keyword: *Anaemia of iron nutrition, Dates, Dodol*