

**Making study Nugget Substitution Baits Fish Rice (Stolephorus Sp.) As Alternative Food high calcium (Study of the manufacture nuggets substitution Baits Fish Rice (stolephorus sp) as high calcium alternative food).**

**Siti Khoiriyatul Hidayah Munawaroh**

Program Studi Gizi Klinik

Jurusan Kesehatan

**ABSTRACT**

*Calcium is a mineral that is most found in the body, 1.5-2 % of body weight of an adult or more or less as much as 1 kg. One of the food products popular among the society is nugget which will in composition of the manufacturing will be substituted baits fish rice, because baits fish rice have a high calcium content that is expected to be the food that can fulfill the needs of calcium each individual. This research aims to know the contents of nutrients especially calcium on nugget substitution baits fish rice as high calcium alternative food. The experimental design used was Complete Random Design (RAL). Determination of the formulation in this research is done with the substitution baits fish rice to chicken meat is  $P1= 0\%$ ,  $P2= 10\%$ ,  $P3= 20\%$ ,  $P4= 30\%$ ,  $P5= 40\%$ ,  $P6= 50\%$ ,  $P7= 60\%$ ,  $P8= 70\%$ ,  $P9= 80\%$ ,  $P10= 90\%$ ,  $P11= 100\%$  and at each treatment was repeated 3 times. The research results showed that each substitution of baits fish rice, there has been increasing calcium content on nugget with the substitution of baits fish rice significantly. The organoleptic results have real impact to texture, colour, taste and flavor in nugget. The best treatment is on  $P2$  treatment with the formulation of 10% substitution baits fish rice because it has the composition or nutrient content of calcium and organoleptic test that already fulfill the aims that have been set.*

*Keywords : Baits Fish Rice, Nugget*