

MORINGA LEAF AND BANANA SMOOTHIES AS A FOOD FOR PEOPLE WITH IRON DEFICIENCY ANEMIA

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ABSTRACT

Anemia problems often occur in pregnant women and children especially young women who are tend to iron deficiency. Iron deficiency anemia can be prevented by eating foods high in iron that are smoothies that will be made by combining moringa leaves and bananas. This research aims to find out the characteristics of moringa leaf and bananas smoothies as an intercube for people with iron deficiency anemia. The trial design used was a Complete Randomized Design (RAD) with 6 treatments of proportion moringa leaf: bananas namely P1 =35%:65% P2 =40%:60% P3 =45%:55% P4 =50% P5 =55%: P6 = 60%: 40% and at each treatment repeated 3 times. The results showed that each addition of moringa leaf flour increased iron content ranging from 5.3-8.3mg/100 grams. The organoleptic test of moringa leaf and banana smoothies had an effect on the quality of hedonic properties, that are banana taste, moringa leaf taste, banana aroma, moringa leaf aroma, green color, and texture. The organoleptic test of Moringa leaf and banana smoothies has no effect on the taste liking and aroma liking, but it take affect on of color liking and texture liking.

Keywords : *Anemia, bananas, iron, moringa leaves, smoothies,*