

**Making GFCF Diet Guidelines Booklet (*Gluten Free Casein Free*) as an  
Nutritional Education Media to Increase Knowledge of Parents with ASD  
(*Autism Spectrum Disorder*)**

**Chlara Tariany Alvionicke**

Clinical Nutrition Study Program,  
Department of Health

**ABSTRACT**

The GFCF (*Gluten Free Casein Free*) diet is a diet by avoiding food and drinks containing gluten and casein.. The results of preliminary studies, in the field there are still limited education using booklets, especially in terms of dietary guidelines for GFCF (*Gluten Free Casein Free*) either at the therapist's place or at the puskesmas. This study aims to create a media *booklet* about gluten and casein-free dietary guidelines for parents with ASD (*Autism Spectrum Disorder*). This research is a development research that uses the ADDIE model. The process of making *booklets* is carried out from July 2020 to May 2021. This development research uses two data analysis techniques, namely, qualitative descriptive data analysis techniques and quantitative descriptive data analysis techniques. Qualitative data in the form of suggestions and comments from validators that will be used as material for improving the products developed. Quantitative data is in the form of assessment score data from validators and acceptance scores from parents. The validation results from material experts obtained a value of 87.27% which is a very good category. The validation results from media experts obtained a score of 86.67% which is a very good category. The results of the feasibility of media *booklet* as educational media can be seen from the results of the acceptance test questionnaire from parents, which is a value of 94.66%, which is a positive category. Based on these results, it can be concluded that the media is *booklet* very suitable for use by parents with ASD (*Autism Spectrum Disorder*) at Pelita Hati Therapist, Blitar City.

Keywords: *Booklet, Gluten Free Casein Free, Autism Spectrum Disorder*