

CRISPY COOKIES SUBSTITUTED WITH MORINGA LEAF FLOUR AND SOYBEAN FLOUR ANEMIA FOR ANEMIA PREVENTION

Filadelfia Natasha Laurentzy

Clinical Nutrition Study Program

Health Department

ABSTRACT

Anemia is a nutritional problem that often occurs in developing countries and the greatest prevalence are pregnant women and adolescent girls. The direct cause of anemia is a lack of iron in the blood. Therefore, high iron foods are needed. This study aims to determine the characteristics of crispy cookies with the substitution of Moringa leaf flour and soybean flour to prevent anemia. The experimental design used was a completely randomized design (CRD) with 6 treatments with 4 repetitions of substitution of moringa leaf flour and soybean flour P1=(1:9), P2=(2:8), P3=(3:7), P4=(4:6), P5=(5:5), and P6=(6:4). The organoleptic results have a significant effect on the hedonic and hedonic quality of the color, taste, flavour, and texture of crispy cookies. The nutritional composition of crispy cookies substituted with moringa leaf flour and soybean flour with the best treatment P4 (40% moringa leaf flour: 60% soybean flour), namely energy 453.76 kcal, protein 10.19%, fat 15.28%, carbohydrates 68.87%, Fe 1.93 mg /100 gram, Vitamin C 0.56 mg/100 grams, ash 0.84% and water 4.82%. The recommended serving of crispy cookies in one consumption for young women aged 16-18 years is 6 pieces (54 grams/consumption) with an energy content of 245.03 kcal; protein 5.5 grams; fat 8.25 grams; carbohydrates 37.1 g; iron 1.04 mg and vitamin C 0.3 mg.

Keywords : Crispy cookies, Anemia, Moringa Leaf Flour, Soybean Flour