

Arrowroot Starch Cookies Substitution of Rebon Shrimp Flour as a Snack for Pregnant to Stunting Prevention

Aisha Rahma Tsania

*Clinical Nutrition Study Program,
Department of Health*

ABSTRACT

Stunting is a condition of failure to thrive in children under five years old (infants under five years old) due to chronic malnutrition so that children are too short for their age. Inadequate food intake in pregnant women and toddlers is a direct cause of stunting, lack of energy and protein intake is the cause of failure to thrive. One way to overcome the problem of stunting is to provide high-protein foods. This study aims to identify the characteristics of arrowroot starch cookies substituted with rebon shrimp flour as a snack for pregnant women to prevent stunting. The research design used was a completely randomized design (CRD) with 6 treatment formulations of arrowroot starch: rebon shrimp flour, namely 9: 1, 8: 2, 7: 3, 6: 4, 5: 5, and 4: 6 and with 4 repetitions. time. The results showed that the higher the addition of rebon shrimp flour, the higher the protein content in cookies. There was a significant difference ($\text{sig} < 0.05$) on the protein content of cookies. The best treatment in this study was P1 treatment (arrowroot starch: rebon shrimp flour = 9: 1). Provision of interlude with arrowroot starch cookies with substitution of rebon shrimp flour for pregnant women in the first trimester as much as 80 grams or 16 pieces, in the second trimester as much as 90 grams or 18 pieces and in the third trimester as much as 120 grams or 24 pieces of cookies per day. This serving size is for 2 snacks.

Keywords: Cookies, stunting, arrowroot starch, rebon shrimp flour