

**Studi of Making Cake Substitution Beetroot Flour
and Sesame Powder as an Functional Food
for People With Anemia
In Pregnant Women**

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ABSTRACT

Anemia in pregnant women are defined as a less hemoglobin concentration 12 g/dl and less than 10 g/dl during pregnancy or nifas. The heat in hemoglobin concentration mid pregnancy, at the beginning of pregnancy, and back ahead of labor, hemoglobin levels in most healty women have iron reserves that are 11g/dl or more. The example of foodstuff that contain iron and folic acid, cheap and easy to get are beetroot and sesame seeds. This study was conducted to review the manufacture of cake substitution beetroot flour and sesame powder. The experimental design used was a completely randomized design with 5 replications of each treatment. The results of this study concluded that the nutritional value of iron cake shows an significant differences between treatments, the highest value of iron content is in P1 (10 g beetroot flour + 40 g sesame powder) that is 3.51 g Physical test results (expending) showed significant differences. The highest expending of the substitute cake beetroot flour and sesame powder contained in P1 (10 g beetroot flour + 40 g sesame powder) with result 93.56%. The best of cake is found in P1 with the use of beetroot flour 5% and sesame powder 20%. Nutritional composition in 100g of steamed bolu is energy of 262.5kcal, protein 11.09g, fat 4.76g, carbohydrate 51.71g, iron 3.5mg and folic acid 9.2 mcg.

Keywords: Anemia, Beetroot Flour, Cake, iron, Sesame Powder