

## ABSTRAK

Alifvia Bimantari. 2014. **Pengaruh Substitusi Campuran Tepung Daun Kelor Dan Tepung Ubi Jalar Kuning Terhadap Kandungan Protein Dan  $\beta$  Karoten Serta Mutu Organoleptik *Flakes***. Tugas Akhir, Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Brawijaya. Pembimbing : (1) Dr. dr. Endang Sriwahyuni, MS. (2) Amalia Ruhana, SP., MPH

Anak-anak di Indonesia masih rentan terhadap Kekurangan Vitamin A (KVA) dan kekurangan Energi Protein (KEP). Konsumsi tepung ubi jalar kuning yang mengandung  $\beta$  karoten dan tepung daun kelor yang mengandung protein diharapkan dapat menanggulangi KVA dan KEP pada anak-anak. Penelitian ini bertujuan untuk mengetahui pengaruh substitusi campuran tepung daun kelor dan tepung ubi jalar kuning terhadap kandungan protein dan  $\beta$  karoten serta mutu organoleptik *flakes*. Jenis penelitian adalah *true experimental* dengan Rancangan Acak Lengkap (RAL) satu faktor dengan 4 perlakuan dan 5 kali replikasi. Hasil uji statistik dengan *One Way Anova* menunjukkan bahwa substitusi campuran tepung daun kelor dan tepung ubi jalar kuning berpengaruh nyata pada protein ( $p=0,01$ ) dan  $\beta$  karoten ( $p=0,02$ ), pada hasil uji mutu organoleptik terjadi perbedaan nyata pada atribut aroma, rasa, tekstur dan warna dengan  $p=0,000$ . Kesimpulan dari penelitian ini adalah substitusi tepung daun kelor dan tepung ubi jalar kuning pada pembuatan *flakes* meningkatkan kandungan protein dan  $\beta$  karoten pada *flakes* serta berpengaruh terhadap mutu organoleptik *flakes*.

Kata Kunci : *Flakes*,Tepung Daun Kelor, Tepung Ubi Jalar Kuning, KVA, KEP

**ABSTRACT**

Alifvia Bimantari. 2014. **The Influence Of Mixed Flour Substitution Between Kelor Leaf Flour And Yellow Sweet Flour On Protein Content,  $\beta$  Caroten Content And Organoleptic Quality Of Flakes** . Final Assignment, Faculty of Medicine, Brawijaya Of University. Supervisors: (1) Dr. dr. Endang Sriwahyuni, MS. (2) Amalia Ruhana, SP., MPH

Children in Indonesia are still susceptible to Vitamin A deficiency and lack of protein energy. Yellow sweet potato flour consumption that containing  $\beta$  caroten and moringa leaves flour that containing proteins are expected to tackle Vitamin A deficiency and lack of protein energy on children. The objective of this research was to know the influence of mixed flour substitution moringa leaves and yellow sweet potato flour to the protein and  $\beta$  carotene and also organoleptic quality of flakes. This study method was true experimental design of randomized complete (RAL) one factor with 4 treatment and 5 times replication. The statistical result with One Way Anova showed that mixed flour substitution between moringa leaves flour and yellow sweet potato flour had significant difference on protein content ( $p=0,01$ ) and  $\beta$  caroten content ( $p=0,02$ ). The organoleptic quality showed that it has significant difference on aroma, flavour, texture and colour with  $p=0,000$ . The conclusion is flour substitution between moringa leaves and yellow sweet potato on flakes increase protein and  $\beta$  caroten content on flakes and affect the organoleptic quality of flakes.

Keyword : *Flakes*, Moringa leaves powders, Yellow sweet potatoes powders, Vitamin A deficiency, Lack of protein energy

