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ABSTRACT

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ACCEPTANCE AND IRON CONTENT OF COOKIES SUBSTITUTION OF ANCHOVIES AND ONCOM AS SNACK FOR ANEMIA ADOLESCENT

Adolescents are prone to nutritional problems such as chronic energy deficiency, obesity, and anemia. Adolescent girls are at higher risk of developing anemia than male adolescents. Consuming foods high in iron can prevent anemia in young women, one of which is by utilizing local food ingredients, namely anchovies and oncom as substitute ingredients that can be used as cookies. The purpose of this study, namely to analyze and determine the acceptability and iron content in the formulation of cookies substituted for anchovy flour and oncom. The research on anchovy and oncom substitution cookies used Reaserch and Development design consisting of four treatments with a ratio of wheat flour, anchovy flour, and oncom, namely F0 (100:0:0), F1 (75:15:10), F2 (65: 20:15), F3 (55:25:20). Organoleptic testing by 35 untrained panelists. Testing the iron content of cookies using the ICP-OES method. Analysis of organoleptic data used the Kruskal Wallis test and analysis of iron content used the ANOVA and Duncan test. The results of the organoleptic test obtained the most preferred formula by the panelists, namely formula F0. Substitution of anchovy flour and oncom had an effect ($p < 0.05$) on the color, aroma, taste, and texture of cookies. The iron content test showed that there were significant differences between the cookie formulations ($p < 0.05$). The highest iron content of substituted cookies per 100 grams of cookies is formula F0 with an iron content of 3.99 mg. Four cookies F0 and F3 can meet the iron needs of young women through snacks based on the RDA.

Keywords: Adolescent Girls Anemia, Cookies, Anchovy, Oncom