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ABSTRACT

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MOCAF FLOUR SUBSTITUTION PIZZA AND RED SPINACH PUREE AS AN ALTERNATIVE TO LOW-FAT AND HIGH-FIBER TEEN SNACKS.

Adolescents are prone to overnutrition, including obesity. An alternative that can be done is to provide low-fat and high-fiber snacks. Pizza can be used as an alternative snack because it is favored by various groups. Pizza is made by utilizing local food ingredients, namely mocaf flour and red spinach puree as substitute ingredients in pizza. This study analyzes differences in acceptability, fat, and fiber content in pizza substituted with mocaf flour and red spinach puree. This type of research is a laboratory experiment. The research design used was a completely randomized design (CRD) with five treatments and two replications. Pizza formula with the ratio of mocaf flour: red spinach puree: wheat flour, namely F0 (0:0:10), F1 (3:0:7), F2 (2:1:7), F3 (1:2:7), F4 (0:3:7). Organoleptic tests assessed include color, aroma, taste, and texture. Organoleptic test results were analyzed using the Kruskal Wallis test and Mann-Whitney further test. Nutritional values were analyzed using the Independent Sample T-test. The results showed 1) formula F1 was the selected formula obtained from the highest average value of organoleptic test; 2) the substitution formulation of mocaf flour and red spinach puree gave an effect on color and taste, while the aroma and texture did not give an effect; 3) the substitution formulation of mocaf flour and red spinach puree does not affect the fat and fiber content; 4) in 100 grams of the selected formula (F1) contains 3.01 grams of fat and 0.70 grams of fiber. Based on the Nutrition Label Reference (ALG) F1 pizza can be claimed to be low in fat while the resulting fiber does not meet as high fiber. Suggestions for further researchers are 1) the addition of pizza toppings (catfish meat) on pizza has the same weight in each pizza formulation to avoid increasing fat values; 2) mocaf flour can be used as an additional ingredient not as a substitute to increase the value of fiber in pizza; 3) conduct an analysis of fat and crude fiber content in all formulations; 4) conduct a proximate test to determine the nutritional content of pizza substituted with mocaf flour and red spinach puree completely consisting of macro and micronutrients.

Keywords: *Crude Fiber, Fat, Mocaf Flour, Pizza, Red Spinach Puree*