

ABSTRAK

Formulasi dan Analisis Gizi *Cookies* Berbasis Tepung Ikan Tuna dan Kacang Kedelai Germinasi Sebagai Camilan Pencegahan Stunting
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Stunting merupakan salah satu permasalahan gizi kronis yang berdampak serius terhadap pertumbuhan dan perkembangan anak. Upaya pencegahan dapat dilakukan melalui penyediaan pangan bergizi, termasuk pengembangan produk camilan sehat seperti *cookies*. Penelitian ini bertujuan untuk mengetahui karakteristik *cookies* berbahan dasar tepung ikan tuna dan tepung kedelai germinasi sebagai camilan bergizi dalam pencegahan stunting. Analisis meliputi kandungan gizi (karbohidrat, protein, lemak, serat, zat besi, zinc, dan kalsium) serta mutu organoleptik (rasa, tekstur, aroma, warna, dan penerimaan keseluruhan). Penelitian ini menggunakan metode Rancangan Acak Lengkap (RAL) dengan lima formulasi dan tiga kali ulangan. Hasil penelitian menunjukkan bahwa kombinasi tepung ikan tuna dan tepung kedelai germinasi dapat meningkatkan kandungan protein, serat, dan mineral dibandingkan formulasi kontrol. Dengan demikian, *cookies* berbasis tepung ikan tuna dan kedelai germinasi berpotensi sebagai alternatif camilan bergizi dalam upaya pencegahan stunting.

Kata kunci: *Cookies*, Tepung ikan tuna, tepung kacang kedelai germinasi, stunting

ABSTRACT

Formulation and Nutritional Analysis of Cookies Based on Tuna Fish Meal and Germinated Soybeans as Stunting Prevention Snacks

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Stunting is a form of chronic malnutrition that significantly affects children's growth and development. Prevention efforts can be supported through the provision of nutritious foods, including the development of healthy snack products such as cookies. This study aimed to evaluate the characteristics of cookies made from tuna fish flour and germinated soybean flour as a nutritious snack to help prevent stunting. The analysis included nutritional content (carbohydrates, protein, fat, fiber, iron, zinc, and calcium) and organoleptic properties (taste, texture, aroma, color, and overall acceptance). A Randomized Complete Block Design (RCBD) was used, with five formulations and three replications. The results showed that the combination of tuna fish flour and germinated soybean flour increased the levels of protein, fiber, and minerals compared to the control formulation. Furthermore, the best formulation received high acceptance scores from the panelists in terms of organoleptic attributes. Therefore, cookies based on tuna fish and germinated soybean flour have the potential to serve as a nutritious snack alternative for stunting prevention.

Keywords: cookies, tuna fish flour, germinated soybean, nutrition, stunting