

ABSTRACT



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MAKING NOODLE WITH THE TORBANGUN LEAVES (*Coleus amboinicus* Lour) TO LOWER THE LEVEL (*PREMENSTRUAL SYNDROME*) ON WOMEN

XII, VI Chapters, 60 Pages, 10 Tables, 3 Pictures, 4 Attachments

Background: Most women will feel pain or discomfort when approaching menstruation. They usually feel a symptom Premenstrual Syndrome (PMS). Torbangun leaves can reduce complaints of premenstrual syndrome because on torbangun leaf contain rich of fiber and also have same of micronutrients such as magnesium, iron, calcium.

Objective: to analyze organoleptic test and nutritional values on noodle with torbangun addition.

Method: Experimental research with four formulations, namely 0 g, 60 g, 80 g, and 100 g. Parameters tested were water content, ash content, fat content, protein content, carbohydrate level, iron content, calcium content, magnesium content. Organoleptic analysis; hedonic test and hedonic quality test are color, aroma, taste and texture and shelf life test. The organoleptic analysis data will be analyzed using variance (ANOVA) and continued with Duncan's New Multiple Range (DNMRT) test at 5% level.

Result: This study shows wet noodles with the addition of torbangun leaves affect the nutritional values, and significantly affect the parameter of hedonic quality especially about colour.

Conclusion: From the results of the research the selected product for noodles with the addition of torbangun leaves is the formulation of F1 (340 g: 60 g) with organoleptic rating preferred and has the characteristic needed from the product. The chemical values F1 are water about $59,75 \pm 1,14$ ash about $0,87 \pm 0,01$ protein about $5,37 \pm 0,16$ fat about $1,13 \pm 0,02$ carbohydrate $32,88 \pm 1,27$ iron 19,80 mg calcium 49,57 mg and magnesium level 21,39 mg.

Keywords: Wet noodles, Torbangun, mineral, PMS, Nutritional values, Organoleptic Test

Bibliography: 48 (1987 - 2017)