ABSTRACT

Title : Development of Fruit & Nut Bar Products for Premenstrual Syndrome in Young Women.

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Menstrual disorders are a problem that often occurs in women who are experiencing menstruation. Premenstrual syndrome can occur due to the influence of eating someone who experiences it. Women who consume foods low in minerals, calcium, and magnesium have a greater risk. The purpose of this study was to study organoleptic assessment (taste, color, aroma, and texture), nutrient content, and physical properties of Fruit & Nut Bar tempeh, kidney beans, and chicken liver. This study used a Completely Randomized Design (CRD) with three factorials and five levels of formulation regulation, red beans, and chicken liver, namely F0 (50 g: 50 g: 50 g), F1 (100 g: 25 g: 30 g), F2 (75 g: 50 g: 40 g), F3 (50 g: 75 g: 50 g), F4 (25 g: 100 g: 60 g). Organoleptic tests were conducted by panelists consisting of 25 students from the Esa Unggul University Nutrition Science Study Program. The analysis used is the One Way ANOVA test then completed by Duncan test if there are differences. The organoleptic test results showed results that did not prove tangible ($\rho > 0.05$) in the parameters of taste, color, aroma, and texture. The snack bar analysis results determine the real ($\rho < 0.05$), F4 is the best formulation with energy 317 kcal, protein 10.32 g, 9.74 g fat, consumption 47.01 g, iron 34.97 mg, calcium 213.64 mg, magnesium 238.48 mg, air content 31 g, and ash content 1.89 g. The test results for the snack bar physical properties were not significant ($\rho > 0.05$) in the thickness and density of the kamba. Formulation F4 is the product chosen because F4 is the most important product by the panelists and substance content can be sufficient for the nutrients needed, so it is included as a snack bar that can be solved by pre-menstruation.

Keywords : Premenstrual Syndrome, *Tempeh*, Red Beans, Chicken Liver, Calcium, Magnesium, and Iron.