ABSTRACT

ESA UNGGUL UNIVERSITY
FACULTY OF HEALTH SCIENCE
NUTRITION DEPARTMENT
UNDERGRADUATE THESIS, AUGUST 2019
SITA PRAMESTI DEWI
MAKING DRY BREAD WITH THE ADDITION OF CATFISH (*Clarias Batracus*)
AND SPINACH (*Amarantus Tricolor, I.*) SOURCE OF PROTEIN AND IRON AS
ALTERNATIVE COMPLEMENTARY FOOD FOR BREAST MILK FOR CHILDREN ≥ 12 MONTHS.

Background: In infancy, nutritional adequacy is very important for toddler health, where all the growth and health of toddlers is closely related to growing toddlers, so alternative MP-ASI from local catfish and spinach are made. In general, making bread in general uses wheat flour which only contains macro nutrients and contains a few other nutrients. Through the addition of catfish and spinach is expected to increase the nutritional value of bread, especially protein and iron. **Purpose:** To determine the effect of the addition of catfish and spinach from dry bread to the levels of protein, iron and acceptability of dry bread. **Method:** This study was an experimental research using a completely randomized design (CRD) with 4 different concentrations of catfish and spinach with 2 replications. Organoleptic assessment (hedonic test and hedonic quality), proximate test and iron. **Results:** The results of the panelist acceptance level and the most preferred organoleptic characteristics are F1. Whereas chemically the protein and iron content of F1 includes 12.78 g and 12.93 mg. **Conclusion:** This study shows that the addition of catfish and spinach to the bread dough the higher the value of protein and iron.

**Keywords:** Dry Bread, Catfish, Spinach, Protein, Iron