

**PENGARUH PEMBERIAN SUP KRIM INSTAN IKAN LEMURU (*Sardinella lemuru*) DAN  
UBI JALAR UNGU (*Ipomoea batatas* (L)) TERHADAP KENAIKAN BERAT BADAN ANAK  
GIZI KURANG UMUR 12 - 59 BULAN**

*The Effect Of Instant Cream Soup Of Lemuru Fish (*Sardinella Lemuru*) And Purple Sweet  
Potato (*Ipomoea Batatas* (L)) On Body Weight Increase In Undernourished Children 12-59*

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**Abstract**

*Instant cream soup is a processed product of vegetable or animal flour made from lemuru fish and purple sweet potato as well as other complementary ingredients such as powdered milk, Wheat Flour, Margarine, Onions, Garlic, Pepper, Salt, Sugar which can be consumed after cooking or just by brewing boiling water into a thick solution. The aim of this study was to determine the effect of giving lemuru instant cream soup and purple sweet potato to the weight gain of malnourished children aged 12-59 months before and after consuming the cream soup. The method of this study was a Quasi-Experimental (quasi-experimental design) with a Cross Over design with a 2x1x2 week treatment period interspersed with a one-week washout period and preceded by a one-week run-in period. The results of this study were statistically tested using the dependent t-test and the results obtained were sigPvalue 0.0001 (PValue  $\leq 0.05$ ), which means that there was an effect of giving lemuru instant cream soup and purple sweet potato to weight gain in malnourished children aged 12-59 months.*

**Keywords:** *Malnourished Children, Instant cream soup of lemuru fish and purple sweet potato, Weight loss*