

INTISARI

Telah dilakukan penelitian makanan tradisional kudapan dan makanan tradisional ibu hamil dan ibu menyusui di kabupaten Purbalingga, Banjarnegara dan Banyumas . Data makanan dibahas berdasarkan bahan utama dan bahan pendukung, cita rasa, cara pengolahan dan kemampuan penyediaan kalori, makanan, minuman dan jamu untuk ibu hamil dan menyusui, khasiat dan tujuan penggunaannya.

Hasil penelitian menunjukkan bahwa makanan tradisional kudapan di kabupaten Purbalingga, Banjarnegara dan Banyumas berasal dari potensi pertanian lokal (93-94%). Cara pengolahan yang paling banyak digunakan adalah mengukus (62,12-64,81%), menggoreng (14,81-16,90%), merebus (12,46-14,08%) dan baking (5,63-7,41%). Rasa yang paling dominan adalah manis diikuti rasa gurih. Penyediaan kalori oleh makanan tradisional kudapan < 200 kalori 83,33%; 200-300 kalori 13,09% dan > 300 kalori 3,58% .

Ketersediaan bahan, teknologi pengolahan yang mudah dilakukan dan penerimaan masyarakat khususnya dalam hal cita rasa, beberapa makanan tradisional berpotensi untuk dimanfaatkan dalam program PMTAS dengan cara kombinasi. Makanan, minuman dan jamu tradisional ibu hamil dan menyusui sebagian besar sudah hilang dalam masyarakat kemungkinan karena tingkat pengetahuan kesehatan dan gizi meningkat.

ABSTRACT

A survey on traditional snack foods of the districts of Banjarnegara, Purbalingga and Banyumas was done. The survey was aimed to list the existing foods and group them according to their origin of materials, way of cooking, taste and caloric contents. Data on foods especially prepared for pregnant and nursing woman were also collected.

Result showed that 93-94% of the foods utilize local materials. The most popular way of cooking were steaming (62-64%), frying (15-17%), and boiling (12-14%), while the most popular taste were sweet and coconut taste. About 84% of the foods have caloric content less than 200 Cal, 13% between 200-300 Cal, and only 4% have more than 300 Cal. Considering the acceptability of the taste, availability of the material, and ease of the cooking procedure, most of the foods are suitable for use in PMTAS program. Foods especially prepared for pregnant and nursing woman are aimed to provide enough nutrient for mother and facilitate the production of mother's milk.