

## KARAKTERISTIK SIFAT KIMIA, FISIK, DAN SENSORIS MAKANAN PENDAMPING ASI (MP-ASI) SELAMA PENYIMPANAN DALAM WADAH BERBEDA

### INTISARI

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Makanan Pendamping ASI (MP-ASI) merupakan makanan atau minuman untuk bayi usia 6 – 24 bulan yang diformulasikan sesuai dengan rekomendasi *World Health Organization* serta Standar Nasional Indonesia untuk memenuhi kebutuhan gizi harian bayi. Penelitian ini bertujuan untuk mengetahui pengaruh metode penyimpanan terhadap sifat kimia, fisik, sensoris serta penentuan metode penyimpanan terbaik pada dua tempat penyimpanan berbeda berdasarkan sifat kimianya.

Formulasi MP-ASI pada penelitian ini yaitu kentang, wortel, jamur tiram, buncis, bawang merah, bawang putih, seledri, minyak kelapa, dan daging ayam giling. Metode pemasakan MP-ASI dengan pengukusan. Sampel dilakukan analisis kadar air, kadar abu, kandungan protein, kandungan lemak, kandungan karbohidrat by differences, kadar vitamin C, pengukuran viskositas dan warna, serta analisis sifat sensoris dengan metode *Pairwise Ranking Test-Friedman Methods* dan *Survival Analysis* pada panelis usia 18-40 tahun. Kemudian penentuan metode penyimpanan MP-ASI terbaik berdasarkan sifat kimia dengan metode De Garmo.

Hasil penelitian menunjukkan bahwa metode penyimpanan memberikan pengaruh signifikan pada sifat kimia yaitu lemak, karbohidrat, dan vitamin C serta sifat sensoris parameter tekstur, rasa, dan warna. Sedangkan metode penyimpanan tidak memberikan pengaruh signifikan pada viskositas dan warna. Hasil sifat sensoris menunjukkan bahwa faktor metode penyimpanan tidak memberikan pengaruh signifikan pada tingkat kesukaan, hasil uji survival analysis menyatakan penyimpanan pada wadah plastik memiliki masa simpan lebih lama. Metode penyimpanan pada jar kaca menjadi metode penyimpanan terbaik MP-ASI berdasarkan sifat kimianya.

Kata kunci: Makanan Pendamping ASI (MP-ASI), metode penyimpanan, sifat kimia, sifat fisik, sifat sensoris

## **THE CHEMICAL, PHYSICAL, AND SENSORY PROPERTIES OF COMPLEMENTARY FOODS DURING STORAGE IN DIFFERENT PACKAGING**

### **ABSTRACT**

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Complementary food is food or drink for infants aged 6 – 24 months which is formulated in accordance with the recommendations of the World Health Organization and Indonesian National Standards to meet the daily nutritional needs of infants. This study aims to determine the effect of storage methods in different packaging based on chemical, physical, sensory properties and to determine the best storage method based on chemical properties.

The complementary feeding formulations in this study were potatoes, carrots, oyster mushrooms, beans, onions, garlic, celery, coconut oil, and ground chicken which processed by steaming methods. The samples were analyzed for water, ash, protein, fat, carbohydrate content by differences, vitamin C content, viscosity and color measurement and sensory properties analysis using Pairwise Ranking Test-Friedman Methods and Survival Analysis on panelists aged 18-40 years. Then the the best storing method determination based on chemical properties using the De Garmo method.

The results showed that the storage method had a significant effect on the chemical properties of fat, carbohydrates, and vitamin C as well as the sensory properties of texture, taste, and color parameters. While the storage method does not have a significant effect on the viscosity and color. The sensory properties results showed that the storage method did not have a significant effect on the preference level, the survival analysis test result stated that storage in plastic containers had a longer shelf life. The storage method in glass jars is the best storage method for complementary foods based on its chemical properties.

**Keywords:** complementary foods for breast milk, storage methods, chemical properties, physical properties, sensory properties