

## Abstrak

### KONTRIBUSI BUBUR BAYI MP-ASI BERBASIS BAHAN LOKAL TERHADAP ANGKA KECUKUPAN GIZI BAYI USIA 6-11 BULAN (Studi pada Tempat Pembuatan Bubur Bayi di Kecamatan Purwokerto Barat, Purwokerto Selatan, dan Sokaraja Kabupaten Banyumas)

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**Latar Belakang:** ASI menyediakan setengah kebutuhan gizi anak usia 6-11 bulan, untuk memenuhi kebutuhan gizi totalnya dengan MP-ASI. Contoh MP-ASI adalah bubur bayi berbasis bahan lokal. Tujuan penelitian mengetahui kontribusi bubur bayi berbasis bahan lokal terhadap AKG bayi usia 6-11 bulan.

**Metode:** Penelitian kuantitatif observasional dengan desain *cross-sectional* dan teknik *purposive sampling*.

**Hasil:** Kandungan energi, protein, lemak, dan karbohidrat bubur bayi berturut-turut adalah Bubur A 103,2 kkal; 2,5 gram; 0,7 gram; dan 21,2 gram; Bubur B 78 kkal; 2,5 gram; 1,2 gram; dan 14,2 gram; dan Bubur C 89,8 kkal; 2,5 gram; 1 gram; dan 17,2 gram. Kontribusi kandungan energi, protein, lemak, dan karbohidrat bubur bayi terhadap AKG satu kali makan bayi usia 6-11 bulan berturut-turut adalah Bubur A 101,9%; 175,5%; 18,6%; dan 138,4%; Bubur B 77,2%; 179,5%; 32,6%; dan 92,6%; dan Bubur C 85%; 187,7%; 30%; dan 112%, sedangkan harian total berturut-turut adalah Bubur A 12,9%; 16,4%; 2%; dan 18,8%; Bubur B 9,8%; 16,8%; 9,6%; dan 13,5%; dan Bubur C 11,2%; 17,6%; 2,8%; dan 16,4%.

**Kesimpulan:** Kandungan gizi setiap bubur berbeda. Kontribusi bubur bayi terhadap AKG satu kali makan dan harian total bayi usia 6-11 belum cukup memenuhi.

**Kata Kunci:** Kontribusi, bubur bayi, MP-ASI, AKG, kandungan gizi.

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## Abstract

### **CONTRIBUTION INFANT PORRIDGE A BREASTMILK COMPLEMENTARY FEEDING BASED ON LOCAL INGREDIENTS TO THE RECOMMENDED DIETARY ALLOWANCE OF INFANTS AGED 6-11 MONTHS (Study at Infant Porridge Manufacturing in West Purwokerto Sub-District, South Purwokerto, and Sokaraja Banyumas Regency)**

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**Background:** Breastmilk provides half of the nutritional needs of children aged 6-11 months, then complementary foods can be used to fulfil their nutritional needs. An example of complementary foods is based on local ingredients infants porridge. The aim of study is to know the contribution of based on local ingredients infants porridge to the RDA of infants aged 6-11 months.

**Methods:** An observational quantitative study with a cross-sectional design and purposive sampling technique.

**Results:** Energy, protein, fat, and carbohydrates content of infants porridge sequentially is Porridge A 103,2 kcal; 2,5 grams; 0,7 grams; and 21,2 grams; Porridge B 78 kcal; 2,5 grams; 1,2 grams; and 14,2 grams; and Porridge C 89,8 kcal; 2,5 grams; 1 gram; and 17,2 grams. The contribution of energy, protein, fat, and carbohydrates content of infants porridge to RDA on one meal of infants aged 6-11 months sequentially is Porridge A 101,9%; 175,5%; 18,6%; and 138,4%; Porridge B 77,2%; 179,5%; 32,6%; and 92,6%; and Porridge C 85%; 187,7%; 30%; and 112%, then the daily sequentially is Porridge A 12,9%; 16,4%; 2%; and 18,8%; Porridge B 9,8%; 16,8%; 9,6%; and 13,5%; and Porridge C 11,2%; 17,6%; 2,8%; and 16,4%.

**Conclusion:** The nutritional content of each porridge is different. The contribution of infants porridge to RDA on one meal and the daily at infants 6-11 age has not been sufficiently fulfilling.

**Keywords:** Contribution, infants porridge, complementary foods, RDA, nutritional content.

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