

**DEVELOPMENT OF RICE PORRIDGE WITH OVERRIPE TEMPEH  
EXTRACT FOR INFANTS**

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**Revision after Thesis Defense on July 26<sup>th</sup>, 2018**

### STATEMENT BY THE AUTHOR

I hereby declare that this submission is my own work and to the best of my knowledge, it contains no material previously published or written by another person, nor material which to a substantial extent has been accepted for the award of any other degree or diploma at any educational institution, except where due acknowledgement is made in the thesis.

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## ABSTRACT

### DEVELOPMENT OF RICE PORRIDGE WITH OVERRIPE TEMPEH EXTRACT FOR INFANTS

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Malnutrition is a major health problem in Indonesia, which is mainly caused by inadequate protein intake and poverty. Thus, a low cost, high protein source is needed to reduce malnutrition. To overcome this problem, formulation of ready-to-eat overripe tempeh extract rice porridge that can fulfill the SNI nutritional content, in particular the protein content, with acceptable sensory properties was done. According to survey, 39% respondents chose to give their children rice porridge as the major weaning food and 75% respondents preferred not too dense nor too runny texture. From 3 different extracts, CORTE was the most efficient to be used. Focus group discussion and hedonic test were conducted to select the best formula. Porridge B with 80% base mix, 9.297% ISP, 10.703% SMP, 5 ml CORTE concentrate and 120 ml water was chosen with the mean overall acceptance of  $6.47 \pm 0.73$ . All of the nutritional content were in accordance with SNI except the dietary fiber content. The total protein content can only fulfill 4.5/18 protein RDI of 7 – 11 months old infants. The DIAAS for 6 months old and 1–2 years old infants were 57% and 61% in sequence. The protein digestibility ratio was 5.13 which was higher than commercial weaning porridge.

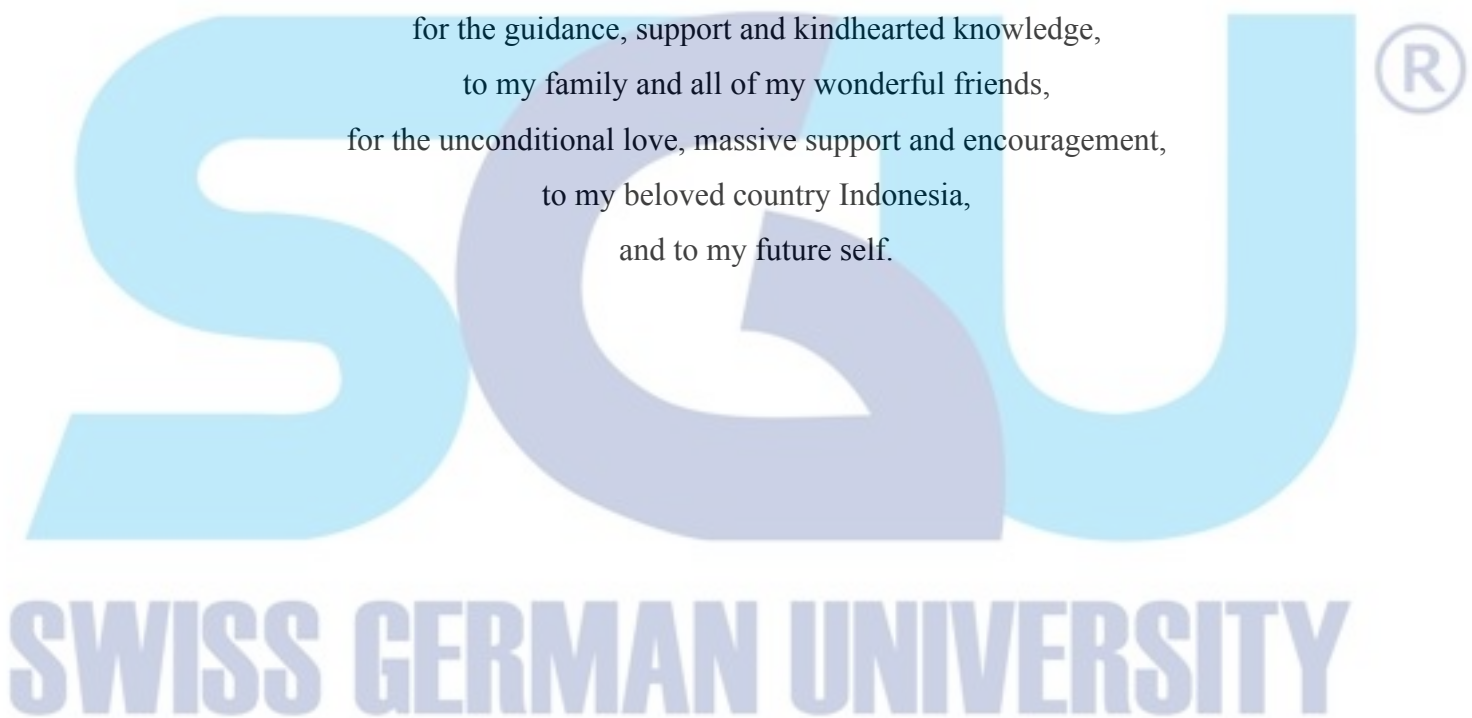
*Keywords: Malnutrition, Overripe Tempeh, Rice Porridge, Formulation*



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## DEDICATION

I dedicate this work to Jesus Christ,  
who gave me strength and abundant blessings,  
to my respected advisors and lecturers,  
for the guidance, support and kindhearted knowledge,  
to my family and all of my wonderful friends,  
for the unconditional love, massive support and encouragement,  
to my beloved country Indonesia,  
and to my future self.



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