

KADAR KALSIUM DAN PROKSIMAT PADA MINUMAN SERBUK DAUN KATUK DAN DAUN TORBANGUN BERPOTENSI MENINGKATKAN KUALITAS PRODUKSI ASI

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Abstrak

Rendahnya pemberian Air Susu Ibu (ASI) eksklusif masih menjadi permasalahan kesehatan yang dipengaruhi oleh berbagai faktor, salah satunya kualitas produksi ASI. Daun katuk dan daun torbangun merupakan tanaman yang berpotensi sebagai galaktagogum karena mengandung senyawa bioaktif dan zat gizi yang mendukung produksi ASI. Penelitian ini bertujuan untuk menganalisis pengaruh proporsi serbuk daun katuk dan daun torbangun terhadap kandungan proksimat dan kadar kalsium pada minuman serbuk serta menentukan formulasi terbaik sebagai alternatif pangan fungsional bagi ibu menyusui. Penelitian menggunakan desain experimental study dengan Rancangan Acak Lengkap (RAL) satu faktor yang terdiri atas tiga formulasi (F1, F2, dan F3) dengan dua kali ulangan. Analisis yang dilakukan meliputi kadar air, kadar abu, kadar protein, kadar lemak, kadar karbohidrat, energi total, dan kadar kalsium. Hasil penelitian menunjukkan bahwa proporsi serbuk daun katuk dan daun torbangun dalam minuman serbuk berpengaruh signifikan terhadap kadar abu ($p=0,005$), protein ($p=0,001$), karbohidrat ($p=0,019$), dan kalsium ($p=0,005$), namun tidak berpengaruh signifikan terhadap kadar air ($p=0,214$) dan kadar lemak. Disimpulkan bahwa peningkatan proporsi serbuk daun katuk dan daun torbangun mampu memperbaiki karakteristik kimia minuman serbuk, terutama pada meningkatkan kandungan protein dan kalsium. Formulasi F3 direkomendasikan sebagai alternatif minuman serbuk fungsional yang berpotensi mendukung kualitas produksi ASI pada ibu menyusui.

Kata Kunci: Analisis proksimat, Analisis kalsium, Daun katuk, Daun torbangun, Kualitas ASI, Minuman serbuk.

CALCIUM AND PROXIMATE LEVELS IN KATUK LEAF AND TORBANGUN LEAF POWDER DRINKS HAVE THE POTENTIAL TO IMPROVE BREAST MILK PRODUCTION QUALITY

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Abstract

The low of exclusive breast milk (ASI) is still a health problem that is influenced by various factors, one of which is the quality of breast milk production. Katuk leaves and torbangun leaves are plants that have the potential to be galactagogue because they contain bioactive compounds and nutrients that support breast milk production. This study aims to analyze the effect of the proportion of katuk leaf powder and torbangun leaves on the proximate content and calcium content of powdered drinks and determine the best formulation as a functional food alternative for breastfeeding mothers. The study used an experimental study design with a one-factor Complete Random Design (RAL) consisting of three formulations (F1, F2, and F3) with two replications. The analysis carried out included moisture content, ash content, protein content, fat content, carbohydrate content, total energy, and calcium content. The results showed that the proportion of katuk leaf powder and torbangun leaves in powdered drinks had a significant effect on ash content ($p=0.005$), protein ($p=0.001$), carbohydrates ($p=0.019$), and calcium ($p=0.005$), but did not have a significant effect on water content ($p=0.214$) and fat content. It was concluded that increasing the proportion of katuk leaf powder and torbangun leaves was able to improve the chemical characteristics of powdered drinks, especially in increasing protein and calcium content. F3 formulation is recommended as an alternative to functional powdered drinks that have the potential to support the quality of breast milk production in breastfeeding mothers.

Keywords: Calcium analysis, Katuk leaves, Milk quality, Powdered drinks, Proxy analysis, Torbangun leaves.