ABSTRACT

Lestari, Winda Ayu. 2020. *Quality Analysis of Avocado-Based Lactogenic Ice Cream (Persea americana* Mill.*) and Katuk Leaves (Sauropus androgynus) for Breastfeeding Mothers. Thesis. Nutrition and Dietetics Study Program Applied Undergraduate Program. Department of Nutrition, Health Polytechnic of Ministry of Health Bandung. Supervisor:* Mona Fitria, STP, M.Si

Indonesian Government is targeting a broad coverage of exclusive breastfeeding by 80% in all regions of Indonesia. Based on the results of Riskesdas in 2018, the percentage of exclusively-breastfeeded babies were only 37.6%. Completion of the nutritional needs and omega-6 consumption for breastfeeding mothers need to be considered to support the success of exclusive breastfeeding. One way to meet the goals is by consuming lactogenic foods, which can help increase milk production. Avocados contain 28.69% omega-6 content (48.66 g) and katuk leaves contain 466 mg of phytosterol which can increase milk production. Avocados and katuk leaves can be processed into ice cream. This study aims to determine the organoleptic (color, aroma, taste, texture and overall), nutritional content (energy, protein, fat and carbohydrates) and omega-6 from avocado ice cream and katuk leaves. The design of this study is experimental. The analyzed quality of ice cream was organoleptic, macronutrient and omega-6. The organoleptic test of ice cream on 3 different balances between avocado and katuk leaves using hedonic test are F1 (85%:15%), F2 (75%:25%), F3 (65%:35%). Organoleptic test results conducted by 30 quite-well-trained panelists showed the best formula of organoleptic was F1 with an average score of color 5.9, aroma 5.7, taste 5.6, texture 6.1 and overall in 6,3. Each lactogenic ice cream dish (100 g) has an energy content of 140.4 kcal, protein 4.1 g, fat 5.4, carbohydrate 20.8 g and omega-6 0.82 g. Avocado-based lactogenic ice cream and katuk leaves can be used as a snack for breastfeeding mothers.

Keywords: Lactogenic Ice Cream, Avocado, Katuk Leaves, Breastfeeding Mothers, Macronutrient, Omega-6, Organoleptic