

ABSTRACT

SETYA ANDHA DEWI. 2023. *Substitution of Soy Milk with the Addition of Pineapple Extract (Ananas comosus) on Chemical Quality, Nutritional Quality, and Organoleptic Quality of Milk Tofu for Anemia Pregnant Women*. SKRIPSI. Politeknik Kesehatan Kemenkes Malang. Advisor: Ir. Astutik Pudjirahadju, M.Si and Theresia Puspita, S.TP., MP.,RD.

Background: Anemia in pregnant women is categorized as a global health problem with a prevalence of 29.6% in 2018, in Indonesia in 2017 – 2019 the prevalence of anemia in pregnant women has increased from 43.2% to 44.2%. Efforts that can be made to overcome anemia in pregnant women are to develop foods high in protein, iron, and vitamin C according to nutritional needs by utilizing local food ingredients such as soy milk, cow's milk, and pineapple to be used as milk tofu. **Objective:** To analyze the effect of tofu substituted with soy milk and pineapple (Ananas comosus) extract on chemical quality (moisture content and ash content), nutritional quality (protein content, fat content, carbohydrate content, energy value, iron content, and vitamin C content, and organoleptic quality (color, aroma, taste, and texture) of tofu milk for anemic pregnant women. **Methods:** This type of research is an experiment with a completely randomized design (CRD). **Results:** The results of statistical analysis showed that the tofu substituted with soy milk and pineapple extract had no significant effect on organoleptic quality. The energy and nutrient content per serving (100g) of tofu substituted with soy milk and pineapple extract has fulfilled the needs of anemic pregnant women with good quality protein. **Conclusion:** The best levels of substitution milk tofu of soy milk with pineapple extract in the P3 treatment and contribution of nutrients to BPOM Regulation No. 9 of 2016 concerning Pregnant Women are 92% energy, 192% protein, 41% fat, 103% carbohydrates, 103% carbohydrates 178% iron, and 46% vitamin C.

Keywords: anemia; pineapple; substitution; milk tofu