

ABSTRACT

Zabrina Kamilah Rahma, 2025. Label Analysis, Nutritional Information and Nutrition Claims on High Fiber Oatmeal Products. Scientific Paper, Diploma 3 Nutrition Study Program, Malang Health Polytechnic. Supervisor: I Komang Suwita, S.ST., MP.

Obesity is a growing health problem, primarily caused by an unbalanced diet and low fiber intake. Modern society tends to choose instant and low-nutrient foods. Oatmeal, a high-fiber food, can be a solution. However, labels, nutritional information, and nutritional claims must be ensured to comply with applicable regulations to provide consumers with a reliable reference when choosing a product. Analyze the suitability of labels, nutritional information and nutritional claims on high-fiber oatmeal products. Exploratory research using descriptive methods in the form of tables. All oatmeal products have complied with the labeling requirements in accordance with PerBPOM Number 31 of 2018 and amended by PerBPOM Number 20 of 2021. All oatmeal products have complied with the nutritional information requirements on the label in accordance with PerBPOM Number 26 of 2021 but have not yet met the quality requirements for formulas for weight control diet foods based on SNI 01 – 4216 – 1996 and CXS – 181 – 1991. All oatmeal products have complied with the nutritional claim requirements in accordance with PerBPOM Number 1 of 2022, including the claims "high in fiber" and "protein source", as well as the dietary fiber content per serving in accordance with the provisions of PerBPOM No. 1 of 2018 and amended by PerBPOM No. 24 of 2022. All oatmeal products have met the specified standards but have not yet met the quality requirements for formulas for weight control diet foods.

Keywords: Obesity, Oatmeal, Food Labels, Nutritional Information, Claim of High-Fiber