ABSTRACT

UMMI RUFAIZAH. The Use of Sorghum Flour in Making High of Dietary Fiber Snack Bar and Source of Iron for Adolescent Girls. Under direction EVY DAMAYANTHI and SRI ANNA MARLIYATI.

One of the habits of adolescents are consuming snacks high in fat and low in fiber. Adolescent girls snacking more often than men. In addition to the problem of unhealthy eating habits among adolescents, there is also the problem of anemia in adolescent. Sorghum is a cereal that has a high dietary fibers and source of iron, so the sorghum flour can be used for the production of high-fibre snacks bar and source of iron for adolescent girls. The experimental design used in this research was completely randomized design (CRD factorial). Factor in this research was formulas of snack bars. Four formula resulting from the preliminary study as follows: formula 1, formula 2, formula 3, and formula 4. Formula 4 was the best base on results of hedonic test. Based on the analysis of the contribution of nutrients, snack bar selected (formula 4) contributed fiber 13.92 g (55.68% of nutrition label reference) and iron 4.12 mg (15.84% of nutrition label reference), so selected snack bar can be claimed as a high of dietary fiber and sources of iron.

Keywords: snack bar, sorghum, dietary fiber, iron