

Kajian kesesuaian kandungan zat gizi pada informasi nilai gizi kontribusi kecukupan gizi, pelabelan, serta klaim gizi dan kesehatan formula pertumbuhan terhadap peraturan perundang-undangan yang berlaku = Study on conformance of nutrient content on nutrition facts contribution on nutritional adequacy labeling and nutrition and health claims of growing up formula to the statutory regulations that applied

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Abstrak

Asupan makanan yang tidak mencukupi merupakan salah satu penyebab terjadinya kekurangan gizi pada anak. Penggunaan formula pertumbuhan menjadi salah satu upaya yang dilakukan oleh orangtua untuk membantu mencukupi kebutuhan gizi anak usia 1-3 tahun. Tesis ini mengkaji mengenai kesesuaian kandungan zat gizi pada informasi nilai gizi, kontribusi kecukupan gizi, pelabelan, serta klaim gizi dan kesehatan formula pertumbuhan terhadap peraturan. Penelitian dilakukan dengan desain studi deskriptif. Hasil kajian kesesuaian kandungan energi dan zat gizi makro menunjukkan tingkat kesesuaian tertinggi untuk karbohidrat, sukrosa, dan asam lemak trans (100%), sedangkan terendah asam -linolenat (60%). Tingkat kesesuaian tertinggi untuk kandungan vitamin adalah vitamin D, E, B2, niasin, dan vitamin B12 (100%), sedangkan paling rendah vitamin K (58%). Tingkat kesesuaian tertinggi untuk kandungan mineral yaitu natrium (100%), sedangkan paling rendah tembaga (68%). Untuk kesesuaian kandungan bahan lain, tingkat kesesuaian tertinggi yaitu karnitin (100%), sedangkan paling rendah DHA (44%). Hasil kajian kontribusi terhadap kecukupan gizi anak menunjukkan rata-rata persentase angka kecukupan gizi (AKG) kandungan zat gizi formula pertumbuhan sebesar 8-75% per saji atau 24-229% per hari. Serat memiliki kontribusi AKG terendah sedangkan kontribusi tertinggi diperoleh dari biotin. Hasil kajian kesesuaian pelabelan menunjukkan tingkat kesesuaian sebesar 100% pada pencantuman tanggal kedaluwarsa, cara penyiapan, dan pernyataan produk tidak cocok untuk bayi. Sedangkan tingkat kesesuaian terendah adalah untuk pencantuman peringatan bahaya yaitu sebesar 2%. Hasil kajian kesesuaian klaim menunjukkan tingkat kesesuaian klaim kandungan zat gizi sebesar 99,5%, klaim perbandingan zat gizi sebesar 100%, dan klaim fungsi zat gizi 62%.

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Inadequate dietary intake is one of immediate cause of child undernutrition. The use of growing-up formula have become alternative efforts made by parents to help them fulfill the nutritional needs of children aged 1-3 years. The objectives of this thesis were to review the conformity of nutrients content on nutrition facts and labeling, including nutrition and health claims of growing-up formula products to the regulation. Reviewed on contribution of growing-up formula to the child's daily nutritional adequacy was also conducted on this study. This study was carried through the descriptive study design. Based on the results of conformity assessment of energy and macronutrient content, it is showed that the highest level of conformity were carbohydrates, sucrose, and trans fatty acids (100%), while the lowest was alpha-linolenic acid (60%). The highest level of conformity according to the vitamin content were vitamin D, E, B2, niacin, and vitamin B12 (100%), while the lowest was vitamin K (58%). The highest level of conformity according to the mineral content was sodium (100%), while the lowest was copper (68%). For conformity of other

ingredients content, the highest level of conformity was carnitine (100%), while the lowest was DHA (44%). Reviewed on contribution of growing-up formula on the nutritional adequacy of young children showed that the average percentage of Recommended Daily Allowance (RDA) of nutrient content were 8-75 % per serving or 24-229% per day. Fibers had the lowest contribution of RDA while the highest contribution obtained from biotin. Conformity assessment on labeling showed 100% of conformance for the inclusion of an expiration date, preparation instructions, and the statement "is not suitable for baby?". However, there was discrepancies in the inclusion of important notice for health hazards with the level of conformance was only 2%. Reviewed on claims demonstrated that all products specify nutrient content claims on the label had the level of conformance of 99.6%. All products specify comparative claims had the level of conformance of 100%. While all products specify nutrient function claims had the level of conformance of 62%.