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Tempe nuggets provision improves energy adequacy and protein intake in
underweight underfive children (Article) (Open Access)

Permatasari, O.^a, Murwani, R.^{a,b,c}, Rahfiludin, M.Z.^d

^aDepartment of Nutrition, Faculty of Medicine, Diponegoro University, Indonesia
^bNatural Product Laboratory, Integrated Laboratory for Research and Services, Diponegoro University, Indonesia
^cFaculty of Animal and Agricultural Science, Diponegoro University, Indonesia

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Abstract

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Tempe is a well known fermented soybean food, inexpensive, and a good source of dietary protein and energy. To improve fresh Tempe as an attractive food to children, Tempe is processed into nugget. A study using pre and post-control group design was conducted to determine the effect of the Tempe nugget provision on energy and protein intake, and body weight/age (W/A) of 24-59 months old children. Forty six subjects were selected according to inclusion criteria from local Community Health Center (Puskesmas) and grouped into intervention (provision of Tempe nugget) and control group (no provision). Data of energy and protein intake of subjects before intervention were obtained by 2x24 food recall to determine deficiency in intake for the respective age. The amount of the nugget given to each underweight child in intervention group was calculated on the basis of deficiency in energy and protein intake of each child (W/A) per day. Body weight was recorded pre and post intervention. The deep-fried nuggets contained 276.53 calories per 100 g, 8.60%protein, 28.41% carbohydrate, 13.28% lipid, and 44.28% fiber. The mean age of the subjects in intervention and control group were homogeneous i.e. 40.52±10.88 months and 42.39±12.35 months respectively. Tempe nugget provision for 30 days improved significantly energy intake (p<0.001) in intervention compared to control group. Protein intake and W/A in intervention group were higher compared to control although not significant and further study with higher amount of Tempe nugget provision is needed. This study provides evidence that deep fried Tempe nugget can be used as inexpensive and nutritious food to improve protein and energy intake for underweight under five children. © 2018 The Author(s).

SciVal Topic Prominence

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🔍 Murwani, R.; Department of Nutrition, Faculty of Medicine, Diponegoro University, Indonesia;
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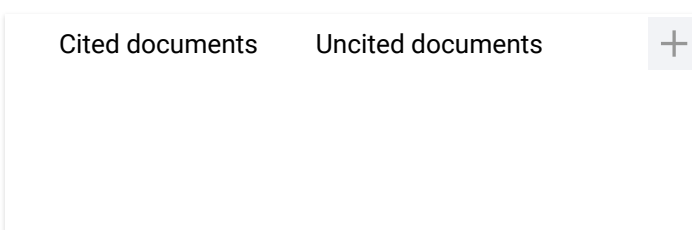
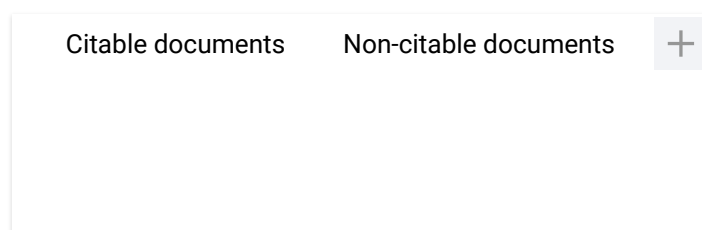
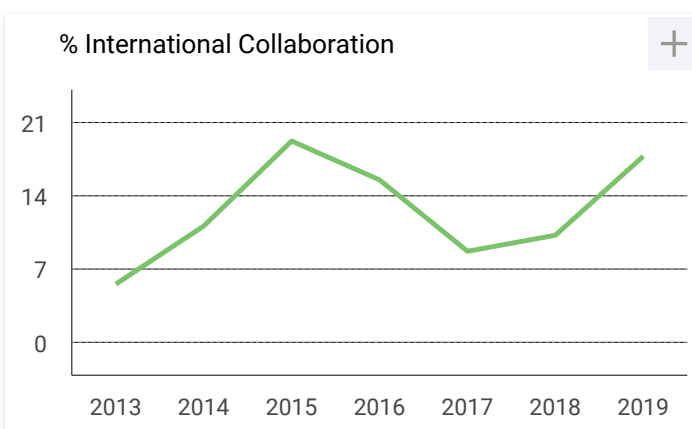
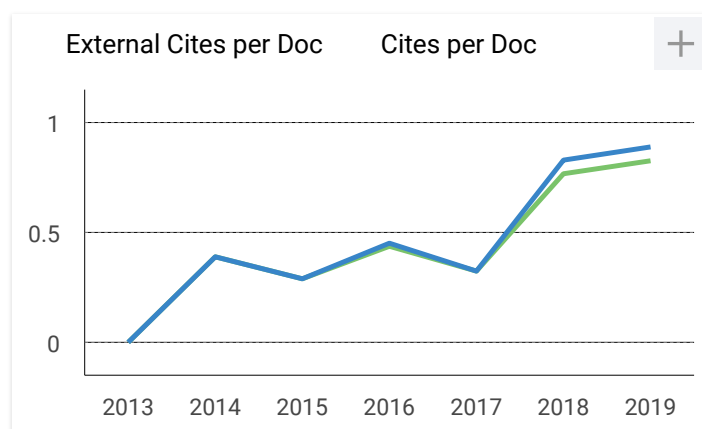
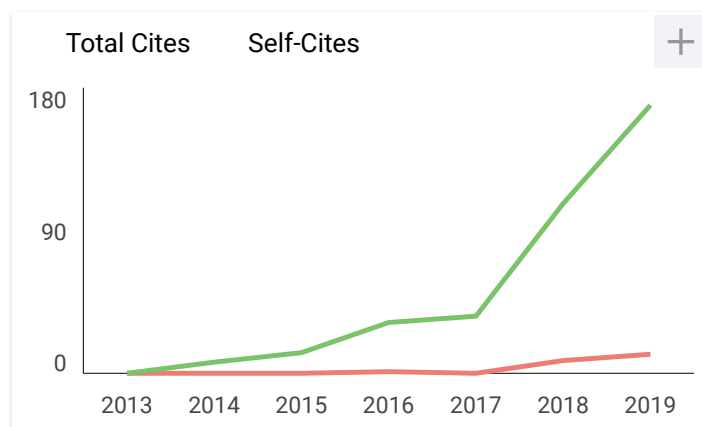
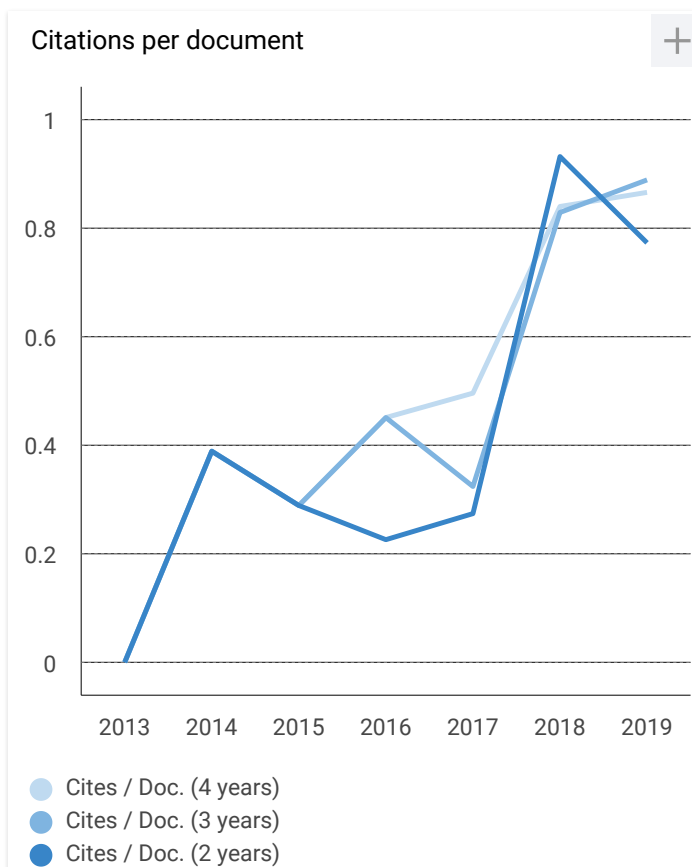
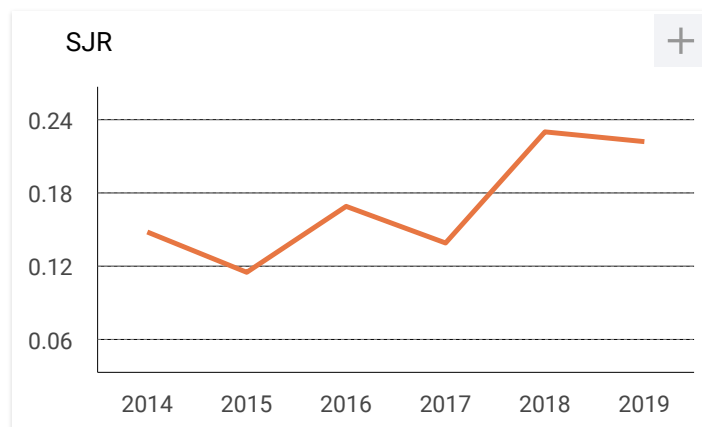
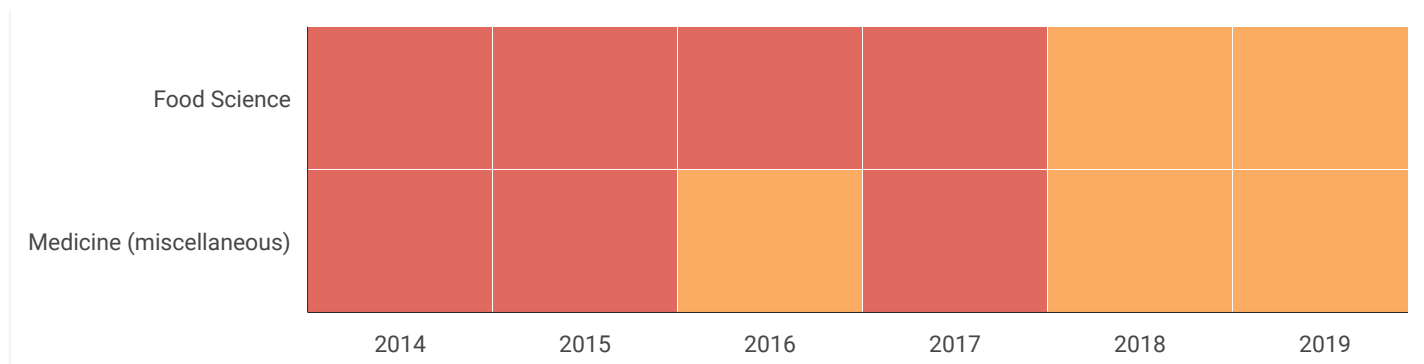
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Tempe Nuggets Provision Improves Energy Adequacy and Protein Intake in Underweight Underfive Children

Oktavina Permatasari¹ , Retno Murwani^{1,2,3*} , M. Zen Rahfiludin⁴ 

¹Department of Nutrition, Faculty of Medicine, Diponegoro University

²Natural Product Laboratory, Integrated Laboratory for Research and Services, Diponegoro University

³Faculty of Animal and Agricultural Science, Diponegoro University

⁴Nutrition Department, Faculty of Public Health, Diponegoro University, Indonesia.

Corresponding author Email: retnomurwani@gmail.com

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Abstract:

Tempe is a well known fermented soybean food, inexpensive, and a good source of dietary protein and energy. To improve fresh Tempe as an attractive food to children, Tempe is processed into nugget. A study using pre and post control group design was conducted to determine the effect of the Tempe nugget provision on energy and protein intake, and body weight/age (W/A) of 24-59 months old children. Forty six subjects were selected according to inclusion criteria from local Community Health Center (Puskemas) and grouped into intervention (provision of Tempe nugget) and control group (no provision). Data of energy and protein intake of subjects before intervention were obtained by 2x24 food recall to determine deficiency in intake for the respective age. The amount of the nugget given to each underweight child in intervention group was calculated on the basis of deficiency in energy and protein intake of each child (W/A) per day. Body weight was recorded pre and post intervention. The deep-fried nuggets contained 276.53 calories per 100 g, 8.60% protein, 28.41% carbohydrate, 13.28% lipid, and 44.28% fiber. The mean age of the subjects in intervention and control group were homogeneous i.e. 40.52±10.88 months and 42.39±12.35 months respectively. Tempe nugget provision for 30 days improved significantly energy intake (p 0.001) in intervention compared to control group. Protein intake and W/A in intervention group were higher compared to control although not significant and further study with higher amount of Tempe nugget provision is needed. This study provides evidence that deep fried Tempe nugget can be used as inexpensive and nutritious food to improve protein and energy intake for underweight underfive children.

Keywords:

Fermented soybean; Stunting; Tempe flour; Under nutrition.



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School of Animal Sciences and Food Engineering, University of São Paulo, São Paulo, Brazil.
Email: carlosaf@usp.br
Scopus ID: 35557654100

Prof. Shwu-Huey Sherry Yang

School of Nutrition and Health Sciences Taipei Medical University, Taipei, Taiwan.
Email: sherry@tmu.edu.tw
Scopus ID: 8676122700

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Associate Professor
Department of Food Technology
Alexander Technological Educational Institute of Thessaloniki (ATEITH)
Thessaloniki, Greece.
Email: mariapapage@food.teithe.gr
Scopus IDscopus: 8645438400

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Institute of Food Science Research (CIAL-CSIC), Laboratory of Foodomics, Madrid, Spain.
Email: m.herrero@csic.es
Scopus ID: 7102420113

Prof. Dr. Dariusz Dziki

Professor
Department of Thermal Technology and Food Process Engineering,
Faculty of Production Engineering,
University of Life Sciences in Lublin, Lublin, Poland.
Email: dariusz.dziki@up.lublin.pl
Scopus ID: 24314765900

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School of Public Health and Nutrition,
Autonomous University of Nuevo Leon,
Nuevo Leon, Mexico.
Email: ana.dlgarzah@uanl.mx
Scopus ID: 57195297780

Prof. Reema F. Tayyem

Department of Nutrition and Food Technology, Faculty of Agriculture,
The University of Jordan,
Amman, Jordan.
Email: r_tayyem@yahoo.com
Scopus ID: 22959129200

Dr. Mattia Di Nunzio

Interdepartmental Centre for Agri-Food Industrial Research, Alma Mater Studiorum Università di Bologna, Bologna, Italy.
Email: mattia.dinunzio@unibo.it
Scopus ID: 23093741900

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Department of Science of Agriculture, Food and Environment, University of Foggia, Foggia, Italy.
Email: pasquale.russo@unifg.it
Scopus ID: 35726052700

University of Agricultural Science and Veterinary Medicine,
Cluj-Napoca, Romania.
Email: dan.vodnar@usamvcluj.ro
Scopus ID: 35604846100

Prof. Sitthipong Nalinanon

Associate Dean
Faculty of Agro-Industry, King Mongkut's Institute of Technology Ladkrabang
Ladkrabang,
Bangkok, Thailand.
Email: sitthipong.na@kmitl.ac.th
Scopus ID: 16245779000

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Department of Pharmacy,
Health and Nutrition,
University of Calabria,
Cosenza, Italy.
Email: pierluigi.plastina@unical.it
Scopus ID: 8360032300

Prof. Giovanni Leone Zabot

Food Engineer
Federal University of Santa Maria (UFSM)
Santa Maria, Brazil.
Email: giovani.zabot@gmail.com
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School of Medicine and Health Sciences,
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Port Moresby,
Papua New Guinea.
Email: templevj@upng.ac.pg
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Dr. Kin-Weng Kong

Department of Molecular Medicine
Faculty of Medicine, University of Malaya,
Kuala Lumpur, Malaysia.
Email: kongkm@um.edu.my
Scopus ID: 35487905800

Dr. Krešimir Mastanjević

Assistant Professor
Faculty of Food Technology,
University of Osijek,
Osijek, Croatia.
Email: kmastanj@ptfos.hr
Scopus ID: 26655948300

Prof. Gabriel O. Adegoke

Department of Food Technology,
University of Ibadan, Ibadan.
Nigeria.
Email: goadegoke@hotmail.com
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Prof. Suhad Maatoug Bahijri
Professor
Clinical Biochemistry Department,
Faculty of Medicine, King Abdulaziz
University,
Jeddah, Saudi Arabia.
Email: sbahijri@gmail.com
Scopus ID: 6603404358

Dr. Norazmir Md Nor
Senior Lecturer
Faculty of Health Sciences, Universiti
Teknologi,
Selangor, Malaysia.
Email: azmir2790@gmail.com
Scopus ID: 54417702600

Prof. Dr. Harun AKSU
Faculty of Veterinary Faculty
Food Hygiene and Technology
Department, Istanbul University,
Avcılar-Istanbul, Turkey.
Email: h.aksu@istanbul.edu.tr
Scopus ID: 56235721300

Dr. Vikas Kumar
Assistant Food Technologist,
Department of Food Science and
Technology, Punjab Agricultural University
Ludhiana,
Punjab, India.
Email: vkchoprafst@rediffmail.com
Scopus ID: 57193417700

Prof. Jiwan S. Sidhu
Director,
Department of Food Science and Nutrition,
College of Life Sciences,
Kuwait University,
Safat, Kuwait.
Email: dr.jiwan.sidhu@gmail.com
Scopus ID: 7004614004

Dr. Nurul Huda
Associate Professor
Faculty of Food Science and Nutrition,
Universiti Malaysia Sabah,
Sabah, Malaysia.
Email: drnurulhuda@yahoo.com
Scopus ID: 6701695514

Dr. Ardiansyah
Associate Professor and Head
Department of Food Technology,
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