

ABSTRAK
**PENGEMBANGAN FORMULA ENTERAL TINGGI ENERGI TINGGI
PROTEIN BERBASIS DAGING AYAM UNTUK PENYAKIT KANKER DI
RSUP DR. KARIADI KOTA SEMARANG**

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ABSTRAK

Latar Belakang. Salah satu masalah utama pada pasien kanker adalah malnutrisi, sehingga dibutuhkan asupan energi dan protein yang cukup untuk mencegah penurunan massa otot dan memperbaiki jaringan tubuh. Formula enteral tinggi energi tinggi protein menjadi alternatif penting bagi pasien kanker, namun formula komersial memiliki harga yang cukup mahal. Oleh karena itu, diperlukan pengembangan formula enteral berbasis bahan pangan lokal untuk menghasilkan produk yang bergizi, terjangkau, dan dapat diterima oleh pasien.

Tujuan. Kegiatan penelitian ini bertujuan untuk mengetahui kandungan gizi, viskositas, dan osmolaritas pada formula enteral berbasis daging ayam, serta menganalisis karakteristik organoleptik dan *food cost* dari formula tersebut.

Metode. Metode yang digunakan dalam penelitian ini yaitu *Research and Development* (R&D). Desain penelitian yang digunakan pada penelitian ini adalah deskriptif-komparatif. Panelis penelitian berjumlah 15 orang.

Hasil. Formula enteral berbasis daging ayam mengandung energi 287 kkal, protein 15,6 g, lemak 7,4 g, dan karbohidrat 39,4 g. Viskositas formula sebesar 1,08 cP dan osmolaritas 313,7 mOsm/L, keduanya sesuai dengan standar enteral. Hasil uji organoleptik menunjukkan mayoritas panelis menyukai warna, aroma, rasa, dan tekstur formula. Biaya produksi sebesar Rp 10.733 per 250 ml, lebih murah dibandingkan formula enteral komersial.

Kesimpulan. Formula enteral berbasis daging ayam memenuhi kriteria formula enteral dari segi kandungan gizi, viskositas, osmolaritas, dan daya terima panelis, serta memiliki harga lebih ekonomis dibandingkan formula komersial. Formula ini berpotensi digunakan sebagai alternatif makanan enteral untuk pasien kanker.

Kata kunci. Formula enteral, Tinggi energi tinggi protein, Daging ayam, Kanker, Organoleptik

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ABSTRACK
**DEVELOPMENT OF A HIGH-ENERGY, HIGH-PROTEIN CHICKEN-
BASED ENTERAL FORMULA FOR CANCER PATIENTS AT DR. KARIADI
GENERAL HOSPITAL, SEMARANG**

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Background. One of the main problems in cancer patients is malnutrition, which requires sufficient energy and protein intake to prevent muscle mass loss and promote tissue repair. High-energy, high-protein enteral formulas (HEHP) serve as an important alternative for cancer patients; however, commercial formulas are relatively expensive. Therefore, it is necessary to develop a locally sourced enteral formula that is nutritious, affordable, and acceptable to patients.

Objectives. This study aimed to determine the nutritional composition, viscosity, and osmolarity of the chicken-based enteral formula, as well as to analyze its organoleptic characteristics and food cost.

Methods. The research employed a Research and Development (R&D) method with a descriptive-comparative design. A total of 15 panelists participated in the study.

Results. The chicken-based enteral formula contained 287 kcal of energy, 15.6 g of protein, 7.4 g of fat, and 39.4 g of carbohydrates per 250 ml serving. The viscosity of the formula was 1.08 cP and osmolarity was 313.7 mOsm/L, both of which met enteral nutrition standards. Organoleptic testing showed that most panelists preferred the color, flavor, taste, and texture of the formula. The production cost was IDR 10,733 per 250 ml, which was lower than that of commercial enteral formulas.

Conclusion. The chicken-based enteral formula met the nutritional, viscosity, osmolarity, and sensory acceptability standards for enteral feeding and was more economical than commercial formulas. This formula has the potential to be used as an alternative enteral nutrition product for cancer patients.

Keywords. Enteral Formula, High-energy, high-protein, Chicken Meat, Cancer, Organoleptic

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