

BOOK OF ABSTRACTS



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THE 5TH INTERNATIONAL CONFERENCE ON
**FOOD, NUTRITION
HEALTH & LIFESTYLE** 2023
"NEW CHALLENGES AND FUTURE PERSPECTIVES IN NUTRITION AND SUSTAINABLE FOOD IN POST PANDEMIC & CLIMATE CHANGE ERA"

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**THE IMPACT OF CHOCOLATE ON NUTRIENT CONTENT IN DADIAH
PUDDING: A POTENTIAL PROBIOTIC SOURCE DURING PREGNANCY FROM
THE MINANGKABAU CULTURE**

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ABSTRACT

Dadiah provides essential nutrients and lactic acid bacteria as probiotic substances. Fat plays a crucial role as an energy source during pregnancy. The heating processes and addition of cocoa powder during the manufacturing of chocolate dadiah pudding might impact the fat content in the final product. This study aimed to assess the improvement in fat content in chocolate dadiah pudding considering the daily intake of pregnant women in West Sumatra. The energy and fat intakes of 208 pregnant women were evaluated through repeated 24-hour dietary recall. The original dadiah used in the study was obtained from Gaduik regency, West Sumatra. Chocolate dadiah pudding was prepared using dadiah by mixing with chocolate milk pudding powder. The fat content was evaluated based on the Indonesian National Standard (SNI) 01-2891-1992, 8.2. The results showed that only 14.4% and 38,9% of pregnant women had an adequate daily intake of energy and fat. The study revealed a decrease in fat content in chocolate dadiah pudding compared to the original dadiah and mango dadiah pudding. These findings suggest that chocolate dadiah pudding can serve as a nutritious traditional snack due to its fat content.

Keywords: chocolate dadiah pudding, nutrient, probiotic