

RESEARCH ARTICLE

**FORMULATION OF RICE CRACKERS SUBSTITUTED WITH MORINGA LEAVES AND PEANUTS TO SOLVE ANEMIA DURING PREGNANCY
(FORMULASI RICE CRACKERS SUBSTITUSI DAUN KELOR DAN KACANG TANAH
DALAM MENGATASI ANEMIA PADA KEHAMILAN)**

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ABSTRACT

Cases of anemia in pregnant women remain one of the public health problems in Indonesia, with 48.8% of anemia cases occurring in pregnant women. The impact of anemia during pregnancy can increase various long-term complications for both mother and baby. Achievement of iron tablet consumption among pregnant women still needs improvement because irregular intake of iron tablets is still found, so efforts are needed to achieve Zero Anemia of Pregnant Women. A rice crackers formulation substituting moringa leaves and peanuts as sources of iron is expected to help raise hemoglobin levels and become a healthy snack alternative for pregnant women. The purpose of this study was to analyze changes in hemoglobin levels before and after the intervention. The study used a quasi-experimental design with two groups pre-test post-test approach, conducted from October to November 2025 in the working area of Cipageran Community Health Center, Cimahi, on 30 pregnant women using quota sampling. The study was carried out through product development, organoleptic testing, and for three weeks intervention. Intervention data were analyzed using a paired t-test to assess differences in hemoglobin levels before and after the intervention. The result of analysis showed that average hemoglobin level before the intervention was 9.85 gr/dL, after the intervention was 10.86 gr/dL, and there was a difference in the hemoglobin levels of pregnant women before and after being given the rice crackers with a p-value of 0.000 ($\alpha < 0.05$). This indicates that the rice crackers substituted with moringa leaves and peanuts are an alternative product that can increase hemoglobin levels in pregnant women. Pregnant women are expected to consume 15–20 pieces of these rice crackers per day as an alternative healthy snack to prevent and solve the problem of anemia.

Keywords: anemia, moringa leaves, pregnant women, peanuts, rice crackers

ABSTRAK

Kasus anemia pada ibu hamil masih menjadi salah satu masalah kesehatan di Indonesia, dimana 48,8% kasus anemia dialami oleh ibu hamil. Dampak anemia pada kehamilan dapat meningkatkan berbagai komplikasi jangka panjang pada ibu maupun bayi. Capaian konsumsi tablet Fe pada ibu hamil masih perlu ditingkatkan karena masih ditemukan tidak rutin

mengonsumsi tablet Fe, sehingga perlu upaya untuk mencapai Zero Anemia of Pregnant Women. Formulasi rice crackers substitusi daun kelor dan kacang tanah sebagai sumber zat besi diharapkan dapat membantu menaikkan kadar hemoglobin dan menjadi camilan sehat alternatif ibu hamil. Tujuan penelitian ini untuk menganalisis perubahan kadar hemoglobin sebelum dan sesudah pemberian intervensi. Penelitian menggunakan quasi experiment dengan pendekatan two groups pre-test post-test design, dilakukan pada bulan Oktober hingga November 2025 di wilayah kerja Puskesmas Cipageran Cimahi pada 30 ibu hamil dengan teknik quota sampling. Penelitian dilakukan melalui tahap pembuatan produk, uji organoleptik dan intervensi selama tiga minggu. Data hasil intervensi dianalisis menggunakan analisis paired t-test untuk melihat perbedaan kadar hemoglobin sebelum dan sesudah intervensi. Hasil analisis menunjukkan rata-rata kadar hemoglobin sebelum intervensi 9,85 gr/dL, setelah intervensi 10,86 gr/dL, dan ada perbedaan kadar hemoglobin ibu hamil sebelum dan sesudah diberikan rice crackers dengan p-value 0,000 ($\alpha < 0,05$). Hal ini menunjukkan bahwa rice crackers substitusi daun kelor dan kacang tanah ini merupakan produk alternatif yang dapat meningkatkan kadar hemoglobin pada ibu hamil. Ibu hamil diharapkan dapat mengonsumsi rice crackers substitusi daun kelor dan kacang tanah ini sebanyak 15-20 keping per hari sebagai camilan/kudapan sehat alternatif agar dapat mencegah dan mengatasi masalah anemia.

Kata kunci: anemia, daun kelor, ibu hamil, kacang tanah, rice crackers

INTRODUCTION

Iron deficiency anemia remains a major problem across all age groups, with the highest prevalence among pregnant women at 48.9%. This is a public health issue that requires attention. The target for iron tablet consumption among pregnant women is 80% by 2024, but only 38.1% consume them according to standards.¹ Causes of anemia in pregnant women include insufficient nutrient intake due to increased needs, coexisting illnesses, and suboptimal iron tablet consumption.² Further innovation is needed to support the government's program in achieving the 3rd global Sustainable Development Goal (SDG) target by 2030, which is good health and well-being. Some research findings

indicate that pregnant women do not regularly consume iron tablets because of their unpleasant taste, the smell triggers nausea and vomiting, and a lack of discipline.

Moringa leaves contain 60 mg of iron per 100 grams and 26.3% protein.³ Giving moringa leaves can increase hemoglobin levels by 1.45 g/dL.⁴ Moringa leaves (*Moringa oleifera* Lam) contain high iron, equivalent to 25 times more than spinach.⁵ Peanuts have a protein content of 25% and an iron content of 27 mg per 100 grams, the highest compared to chicken liver, beef, spinach, soybeans, red beans, and green beans.¹ Other sources of iron include green beans, which contain 23.7 g of protein per 100 grams and 7.5 mg of iron

per 100 grams.⁶ Drinking 250 ml of soy milk per day, equivalent to 100 grams, can help with iron formation in the body. This proves that moringa leaves and peanuts contain more iron than other beans.⁷

Crackers are crispy biscuit-like snacks with a flaky (thin, crispy, layered pieces) or non-flaky (non-layered texture, larger outer part, and calorie-dense) shape.⁶ Moringa leaf flour can be used with an iron content of 30.6 mg/100 g and has a lower water content compared to wheat flour.⁷ Moringa biscuits can be consumed, 4-5 pieces per day, to increase iron levels by 0.8-1.4 g/dL for 14 days.⁸ Rice crackers are baked at 170°C for 20 minutes.⁹ The researcher formulated healthy snacks for pregnant women, specifically rice crackers with added moringa leaves and peanuts, which are rich in iron and protein from plant sources, thus helping to maximize red blood cell formation needed during pregnancy. The number of pregnant women in Cimahi City in 2023 is 10.560 people.¹⁰ Based on this data, efforts are needed to help accelerate hemoglobin levels in pregnant women in order to achieve zero anemia in West Java. The purpose of this study is to determine the effect of rice crackers substituted with moringa leaves and peanuts on changes in hemoglobin levels in pregnant women. Based on this background, the hypothesis can be made

that there is an effect of rice crackers substituted with moringa leaves and peanuts on changes in hemoglobin levels in pregnant women.

MATERIALS AND METHODS

The subjects of this study were pregnant women in the working area of the Cipageran Public Health Center in Cimahi City. Sampling was conducted using the quota sampling technique with a sample size of 30 respondents. The inclusion criteria for the sample are healthy pregnant women in their first, second, or third trimester. The exclusion criteria for the sample are pregnant women who are against moringa leaves/peanuts and those who experience complications during their pregnancy.

The initial stage is the product creation stage. The ingredients needed are moringa leaf powder, peanuts, rice, flour, powdered sugar, unsalted butter, rice flour, baking powder, salt, water, a piping bag, plastic gloves, and standing pouches. The tools needed are an oven, blender, mixer, chopper, scale, baking pans, large bowls, glasses, scissors, and cookie cutters. The tools needed for hemoglobin testing are a digital hemoglobin testing device, test strips, a blood lancet, an autoclick, alcohol swabs, hand gloves, a disposable apron, and a safety box. The product underwent

organoleptic testing to assess its texture, taste, and color and aroma as a factor to measure the acceptance of the product.⁸

The research permit process was carried out by submitting a research permit letter to the Health Department and the Cimahi City National Unity and Politics Agency in order to conduct research in the working area of the Cimahi City Cipageran Public Health Center.

The research was conducted from October 30th to November 20th, 2025, or for a period of 3 weeks, adhering to the principles of research ethics, namely respect for persons, beneficence, justice, and maintaining the confidentiality of respondent data. Respondents who met the inclusion criteria underwent hemoglobin testing and were then given the product. The respondents were divided into two groups:

those given moringa leaf rice crackers and those given peanut rice crackers. Each group was given 20 pouches of product for a period of 3 weeks. Each pouch contained 20 rice crackers. For 3 weeks, an evaluation process was conducted to ensure the product was consumed. After 3 weeks, the researchers conducted a follow-up hemoglobin test on the respondents.

The research involves data input and processing. The data was analyzed using a paired t-test. The researchers have obtained ethical approval, and it has been approved with letter number 059/KEPK/FITKes-Unjani/X/2025.

RESULTS AND DISCUSSION

The research results can be seen in the following tables:

Table 1 Characteristic frequency distribution

Variable	n	%
Education level		
Elementary school	4	13.33
Junior high school	6	20
Senior high school	8	26.67
Vocational high school	9	30
Bachelor's degree	3	10
Total	30	100
Parity		
Primigravida	21	70
Multigravida	9	30
Total	30	100
Age (Years)		
<20	1	3.33
20-35	21	70
>35	8	26.67
Total	30	100
Gestation age		

Variable	n	%
1 st trimester	12	40
2 nd trimester	15	50
3 rd trimester	3	10
Total	30	100
Nutritional Status		
Normal	22	73.33
Underweight	0	0
Overweight	8	26.67
Total	30	100

Table 1 shows that more than half of pregnant women have a high school/ vocational school education (56.67%). Most of these pregnant women are primigravida (first pregnancy) at 70%. The majority of pregnant women are in the 20-

35 age range at 70%. Half of the pregnant women are in their second trimester of pregnancy (12-24 weeks) at 50%. A small portion of pregnant women are in the overweight category (26.67%).

Table 2 Analysis of the effect of moringa leaf rice crackers on the increase in hemoglobin levels

Variable	Mean	SD	95% CI	P value
Pre-Intervention	9.93	2.25	8.68 – 11.17	0.0032
Post-Intervention	10.79	2.13	9.61 – 11.97	

Table 2 shows that the p value is 0.0032, meaning that there is an effect of moringa leaf rice crackers on the

increase in hemoglobin levels of pregnant women, and the average difference before and after the intervention is 0.86 g/dL.

Table 3 Analysis of the effect of peanut rice crackers on the increase in hemoglobin level

Variable	Mean	SD	95% CI	P value
Pre-Intervention	9.77	1.61	8.88 – 10.66	0.0039
Post-Intervention	10.92	1.87	9.87 – 11.96	

Table 3 shows that the p-value is 0.0039, meaning that peanut rice crackers have an effect on increasing hemoglobin

levels in pregnant women, and the average difference before and after the intervention is 1.15 g/dL.

Table 4 Analysis of the difference test for rice crackers substituted with moringa leaves and peanuts on the increase in hemoglobin levels

Variable	Mean	SD	95% CI	P value
Moringa leaves	10.79	2.13	9.61 – 11.97	0.8637
Peanuts	10.92	1.87	9.89 – 11.96	

Table 4 shows that there was no difference between the moringa leaf rice cracker group and the peanut group, as both increased the hemoglobin levels of pregnant women.

The educational level of pregnant women plays a very important role in improving their health, especially in maintaining their own health and that of their fetus.¹¹ This is evident from the condition of pregnant women needing to consume iron to avoid anemia.¹² First-time mothers lack experience and therefore require a lot of information about the nutritional intake needed by pregnant women to avoid health problems. The energy needs of pregnant women require an additional 180 kcal in the first trimester and 300 kcal in the second and third trimesters.¹³ Nutritional needs increase during pregnancy, including iron 9 mg/day and protein (30 g/day).¹⁴

Research results show that 26.67% of pregnant women are over 35 years old. Nutritional needs increase in multigravida women and those over 35 years old, while the body's systems decline. The research results show that 26.67% of pregnant women are in the overweight category. This

does not guarantee freedom from anemia. Individuals with obesity tend to choose high-calorie but low-nutrient foods, such as fast food and processed products rich in fat, sugar, and flour, which can potentially lead to iron deficiency anemia.^{15–18}

Some of the pregnant women who were respondents were in their second trimester, when it is already recommended to consume iron tablets, but the respondents were predominantly pregnant women who rarely or did not consume iron tablets. If this innovative product is accompanied by iron tablet consumption, the increase in hemoglobin levels will be more significant.¹⁷

The research results show that there is an effect of moringa leaf rice crackers on the hemoglobin levels of pregnant women, because moringa leaves contain a high source of iron, namely 30.6 mg/100 g.⁷ Moringa leaves are a plant that has high levels of vitamins A, B, and C, calcium, potassium, iron, and protein and is easily digested and assimilated by the body. Moringa leaves contain 60 mg of iron per 100 grams, 358 kcal of energy per 100 grams, 26.3% protein, 48.4% carbohydrates, and 6.57% fat.¹³ The author

used moringa leaf powder to extend the shelf life of moringa leaves.

Peanuts are a high source of plant-based iron and can be processed with other ingredients while still maintaining their nutritional value.^{19–21} Peanuts have a savory taste and are quite high in unsaturated fatty acids, especially oleic and linoleic acids. The high fat content in peanuts can give products a savory flavor. Peanuts also form volatile compounds through lipid oxidation, which can enhance their aroma.²²

This research has an impact on increasing the hemoglobin levels of pregnant women, although the increase in hemoglobin levels varies. Several obstacles were encountered, including incomplete consumption of the product by research subjects due to difficulty contacting them, some complained of nausea when smelling moringa leaves, many pimples appeared due to sensitivity to peanuts, and some experienced miscarriages due to other health conditions, preventing them from continuing as respondents. This is a limitation of this study.

Another limitation of the study is that pregnant women who took iron tablets were not included as an exclusion criterion, so their intake varied; some pregnant women took them regularly, some rarely, and some did not take them at all. Based on the interview results, the majority of pregnant women rarely took iron tablets

because they caused nausea and even vomiting due to the unpleasant smell for pregnant women.

This research is novel because it creates a formulation for flaky rice crackers with moringa leaf and peanuts as a source of iron for healthy snacks for pregnant women.

CONCLUSION

There is an effect of moringa leaf rice crackers on the increase in hemoglobin levels in pregnant women (p-value = 0.0032). There is an effect of peanut rice crackers on the increase in hemoglobin levels in pregnant women (p-value = 0.0039). Based on the results of the difference test analysis, there is no difference between the moringa leaf and peanut rice cracker groups, as both equally increase hemoglobin levels in pregnant women (p-value = 0.8637).

Pregnant women are advised to regularly consume moringa leaf rice crackers or peanuts as a healthy snack option that is beneficial in overcoming or preventing anemia. This research is expected to serve as a reference for further studies.

CONFLICT OF INTEREST

The author has no conflict of interest in writing this scientific article.

ACKNOWLEDGMENT

The author expresses gratitude to the Kartika Eka Paksi Foundation, the Rector of Jenderal Achmad Yani University (UNJANI), the UNJANI Research and Community Service Institute (LPPM), the Dean of the Faculty of Health Sciences and Technology UNJANI, all lecturers in the field of midwifery, and all students, especially those involved, The academic community of UNJANI, the Cimahi City Health Office, the Cipageran Cimahi Community Health Center, pregnant women, and relevant parties involved in the research.

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