

## **ABSTRACT**

**SANDOY, JEALLY A.**, Davao del Sur State College, Institution of Teacher Education, Batchelor of Technology and Livelihood Education major in Home Economics, Mati Digos City, August 2023. **"NUTRITIONAL ANALYSIS OF BREADFRUIT SEAWEED CRACKER"**. Undergraduate Thesis.

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In order to improve consumer understanding and determine the nutritional value and content, and recommend an appropriate intake level, the goal of this study is to give a nutritional analysis of breadfruit seaweed crackers. A total of 400 grams of flour, 200 grams of breadfruit, 100 grams of seaweed puree, 150 grams of water, 10 grams of baking powder, 15 grams of onion, 15 grams of garlic, 10 grams of white pepper powder, 10 grams of monosodium glutamate (MSG), and 15 grams of salt were used in this study to make breadfruit seaweed crackers. This study was adapted from Loregas (2022) entitled "Breadfruit Seaweed Cracker." The Breadfruit Seaweed Cracker has undergone laboratory testing and can be added to a number of products that Davao del Sur State College has introduced. The 8 nutrients that have been specifically identified as being present in Breadfruit Seaweed Crackers are as follows: Carbohydrates (54.84%), Fat

(35.70%), Protein (7.93%), Calories (57.3%), Calcium (275 g/g), Sodium (4440 g/g), Iron (0.68 g/g), and Magnesium (19.6 g/g). The findings of this study inform consumers about the nutritional value and content of breadfruit seaweed crackers and suggest a proper intake amount. The findings of this study contributed to the development and expansion of the field in maintaining peoples' health and welfare. The findings of this study supported healthy eating habits and offer information on the nutritional content, composition, and health advantages of food.

Keywords: *Breadfruit, Seaweed, Cracker, Nutritional Value and Content, Nutritional Analysis, Food*

**NUTRITIONAL ANALYSIS OF BREADFRUIT SEAWEED CRACKER**

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