



Iodine Content and Nutrition Worms *Polychaeta* "Laor" Fresh and Processed Products

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Abstract: Iodine received significant attention from the WHO because it is an essential mineral in the growth and development of the fetus until the child starts school children as well as pregnant and lactating mothers. A good source of iodine is one of the sea food sea food that are usually consumed by the people of Maluku is *Polychaeta* worm called "laor". "Laor" worms product fresh and processed in the dry method of drying Freze and powdered. In this study, there are 3 types of powder worm worm that fresh powder, the powder is a worm that has been cooked and powdered worms "lawar" fermentation or "bakasang". The results showed that levels of iodine in the powder fresh worms amounted to 140.75 g /100 g, product "bakasang", "Laor" of 108.51 g/100 g and "lawar" product of 73.38 g/100 g. This shows that the treatment process greatly affects the availability of iodine in the product processing "Laor". The consumption patterns of pregnant women in the village of Ambon island Alang showed that consumption of the products" lawar" donate respectively 15.77% and 6.51% of the minimum level of dietary iodine for pregnant women is 200 mg / day.

Keywords : Iodine, worms Polychaeta, Laor.

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