

## CHAPTER V

### CONCLUSION AND SUGGESTION

#### 5.1 Conclusion

Fruit and vegetable cereal is following the global trend of living a healthy lifestyle. With the ingredients of strawberry and red spinach, it gives the cereal a good nutrition which makes it good to consumed. It is also a low-calories cereal with a low amount of sugar. The total calories of this product are 80 calories per serving with a total of 560 calories per pack. This cereal also uses natural sweeteners like honey and unsweetened applesauce that contains good vitamin and natural sugar. This cereal doesn't use any artificial flavoring or colors, all ingredients used in this cereal are natural ingredients which is healthy for our body.

Furthermore, strawberry and red spinach cereal is packed with an airtight packaging called lithographic paper food grade eco packaging with a zip-lock and silica gel to help maintain the product quality. It also will provide a protective barrier during transportation, handling, and storage. With the amount of nutrition and how convenient the product is, this healthy ready-to-eat cereal costs Rp 92,000.00. Therefore, fruit and vegetable cereal made from strawberry and red spinach might be a new alternative for those whose seeking for healthy ready-to-eat and convenient food with good nutrition.

#### 5.2 Suggestion

The strawberry and red spinach cereal requires proper storage to maintain the quality of the cereal. Since the cereal contains real fruit, it absorbs moisture, therefore, the strawberry and red spinach cereal should be stored in a cool, dry place, away from direct sunlight. It is best to keep it in fridge for a longer shelf life, ensuring that the packaging is tightly sealed after each use.