

## CHAPTER V

### CONCLUSION AND SUGGESTION

#### 5.1. Conclusion

In conclusion, vegan jerky bits provide a tasty and practical substitute for conventional meat-based jerky. Vegan jerky bits offer a gratifying and savory snacking experience for people living a vegan or vegetarian lifestyle as well as those trying to consume less animal products thanks to their plant-based components and innovative production methods.

The advantages of vegan jerky make it stand out. They are a heart-healthy substitute for traditional animal-based jerky since they typically contain less saturated fat and cholesterol. Additionally, they frequently include high levels of fiber, protein, and other vital nutrients, all of which help to maintain a diet that is balanced. Plus, vegan jerky is inclusive and caters to a variety of dietary restrictions and preferences. They are suitable for vegans, vegetarians, those with a soy intolerance. Additionally, it is important to read labels and verify the soy-free status of all ingredients used in the recipe or when purchasing vegan jerky bits. Cost IDR 31,000 for a pack of 120g, which has a nutritional value of 100 calories per serving (20g), 4 grams of fat, 6 grams of protein, and 8 grams of carbs.

#### 5.2. Suggestion

It's worthwhile to give vegan jerky bits a try if you haven't already. Use vegan jerky bits as a protein-rich snack, carry them with you on hikes or road trips, or add them to salads or wraps. The variety and availability of vegan jerky bits are also anticipated to grow as vegan

products continue to be in more demand. Watch for fresh flavors and brands to hit the market. By promoting these goods, you help the plant-based industry expand and innovate while also enjoying a tasty and environmentally friendly snack.