

6. CONCLUSION AND SUGGESTION

6.1. Conclusion

The addition of fishbone flour in food products can increase crude protein and total lipid contents, decrease caloric value, and increase mineral content especially calcium and phosphorus in food products. Fishbone flours contain a high amount of Collagen, Glycine and Hydroxyproline content that can increase Water Holding Capacity, help in the development of gel strength, thermostability, and higher rheological in food products. Fishbone flour has potential as an anti-aging ingredient in food products because it primarily composes of type I collagen which has anti-aging properties for skin and contains a lot of amino acids that have functioned as an anti-aging agent which have antioxidant, anti-inflammatory, antibacterial, antidiabetic, and other properties for human. The most potential fishbone flour which found from this study is *Channa striata*.

6.2. Suggestion

There are some limitations in studies that have been collected, so there are some nutrients in these fishbones that can't be compared and the acquired data is not under the same standard. Further studies through experimental work under the same condition are necessary to get more certain data for knowing the most potential fishbone as an anti-aging ingredient in food products.

