

POLITEKNIK KESEHATAN TANJUNG KARANG
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Gambaran Kesesuaian Standar Porsi dengan Besar Porsi yang Disajikan Pada Pasien dan Sisa Makanan Lunak Kelas III di RSUD Muhammadiyah Metro

xv +107halaman +57tabel, 2gambar, 6lampiran

ABSTRAK

Standar porsi adalah rincian jenis dan jumlah bahan makanan dalam jumlah bersih setiap hidangan dengan menggunakan satuan penukar berdasarkan standar makanan yang berlaku di institusi. Standar porsi berpengaruh terhadap besar porsi yang disajikan kepada pasien. Besar porsi adalah banyaknya makanan yang disajikan pada porsi yang disajikan oleh rumah sakit untuk setiap individu. Besar porsi juga berpengaruh terhadap sisa makanan, jika besar porsi yang disajikan tidak sesuai dengan standar porsi yang ada dirumah sakit maka akan terjadinya kelebihan tau kekurangan makanan saat penyajian. Sisa makanan adalah jumlah makanan yang tidak dihabiskan dari suatu makanan yang disajikan.

Rancangan penelitian ini bersifat deskriptif, dengan sampel berjumlah 80 responden, dengan lama penelitian 10 hari, setiap harinya meneliti 8 responden. Dengan menggunakan metode observasi dan penimbangan. Analisis data yang digunakan adalah analisis univariat untuk mendeskripsikan karakteristik setiap variabel penelitian.

Hasil penelitian menunjukkan bahwa rata-rata besar porsi yang disajikan selama 10 hari waktu pagi dengan menu bubur 106%,lauk hewani 90%,lauk nabati 88%,sayur 109%, selanjutnya waktu siang menu bubur 73%,lauk hewani 95%,lauk nabati 93%,sayur 108%,buah 87, selanjutnya diwaktu sore bubur 79%,lauk hewani 67%,lauk nabati 91%,sayur 114%.

Selanjutnya untuk sisa makanan waktu pagi menu bubur 22,74%, lauk hewani 8,61%, lauk nabati 9,67%, sayur 25,57%, selanjutnya waktu siang bubur 24,65%, lauk hewani 11%, lauk nabati 13%, sayur 18,22%, buah 9,3, selanjutnya waktu sore bubur 26,47%, lauk hewani 12%, lauk nabati 10,28%, sayur 20,53%,

Instalasi Gizi RSUD Muhammadiyah Metro sebaiknya memiliki takaran yang sesuai untuk standar porsi agar besar porsi yang disajikan sesuai serta memberikan masukan kepada keluarga pasien agar menghabiskan makanan sehingga nutrisi yang dibutuhkan pasien terpenuhi.

Kata kunci : standar porsi, besar porsi, sisa makanan

Daftar bacaan : 26 (2009-2021)

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Description of Conformity of Portion Standards with Large Portions served and Leftover Soft Food Class III Patients at RSU Muhammadiyah Metro

xv +107pages, +57tables, 2pictures, 6attachments

ABSTRACT

Portion standards are details of the type and amount of food ingredients in the net amount of each dish using an exchange unit based on the food standards applicable at the institution. Portion standards have an effect on the size of the portion served to the patient. Portion size is the amount of food served in the portion served by the hospital for each individual. The size of the portion also affects the rest of the food, if the large portion served is not in accordance with the standard portion in the hospital, there will be excess or lack of food when serving. Food waste is the amount of food that is not consumed from a food served.

The design of this research is descriptive, with a sample of 80 respondents, with a length of 10 days, researching 8 respondents every day. By using the method of observation and weighing. The data analysis used is univariate analysis to describe the characteristics of each research variable.

The results showed that the average portion size served for 10 days in the morning with 106% porridge menu, 90% animal side dishes, 88% vegetable side dishes, 109% vegetables, then 73% porridge during the day, 95% animal side dishes, side dishes 93% vegetable, 108% vegetables, 87 fruit, then in the afternoon 79% porridge, 67% animal side dishes, 91% vegetable side dishes, 114% vegetables.

Furthermore, for leftovers in the morning the menu is porridge 22.74%, animal side dishes 8.61%, vegetable side dishes 9.67%, vegetables 25.57%, then during the afternoon porridge 24.65%, animal side dishes 11%, vegetable side dishes 13 %, vegetables 18.22%, fruit 9.3, then in the afternoon porridge 26.47%, animal side dishes 12%, vegetable side dishes 10.28%, vegetables 20.53%,

The Nutrition Installation of RSU Muhammadiyah Metro should have an appropriate dose for the standard portion so that the serving size is appropriate and provide input to the patient's family to spend food so that the nutrition needed by the patient is met.

Keywords: standard portion, large portion, leftovers

Reading list : 26 (2009-2021)