

KETERSEDIAAN MAKANAN DI SEKOLAH DAN KONTRIBUSINYA TERHADAP REKOMENDASI KONSUMSI GULA, GARAM, LEMAK

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ABSTRAK

Latar Belakang : Usia anak sekolah memiliki kebebasan dalam memilih makanan yang ia sukai. Kriteria makanan yang disukai anak-anak biasanya banyak mengandung gula, garam, lemak, dan MSG (*Mono Sodium Glutamate*). Selain dari konsumsi makanan jajanan anak sekolah, kandungan gula, garam, dan lemak pada pemberian makan siang anak juga tidak boleh diabaikan. Konsumsi gula, garam, dan lemak yang kurang maupun berlebih mempunyai dampak yang tidak baik bagi tubuh, sehingga kebiasaan konsumsi makanan tinggi gula, garam, dan lemak tersebut perlu dikontrol.

Tujuan Penelitian : Menganalisis ketersediaan makanan di sekolah dan kontribusinya terhadap rekomendasi konsumsi gula, garam, dan lemak.

Metode Penelitian : Jenis penelitian ini merupakan penelitian observasional dengan desain penelitian *cross-sectional*. Penelitian ini dilaksanakan pada Bulan Januari 2019. Populasi penelitian yaitu semua siswa di SD Muhammadiyah Kauman Yogyakarta dengan jumlah sampel 52 siswa.

Hasil Penelitian : Ketersediaan makanan disekolah berasal dari makan siang dan makanan jajanan. Rata-rata kontribusi asupan dari makan siang untuk gula sebesar 3,47% ($\pm 0,92$), garam sebesar 30,35% ($\pm 5,44$), dan lemak sebesar 18,67% ($\pm 3,07$). Sedangkan rata-rata kontribusi asupan dari makanan jajanan untuk gula sebesar 15,25% ($\pm 7,54$), garam sebesar 24,66% ($\pm 13,53$), dan lemak sebesar 12,23% ($\pm 5,05$).

Kesimpulan : Asupan makan selama di sekolah memiliki kontribusi terhadap asupan gula, garam, dan lemak.

Kata Kunci: anak sekolah, makan siang, makanan jajanan, gula, garam, lemak

AVAILABILITY OF FOOD IN SCHOOL AND ITS CONTRIBUTION TO SUGAR CONSUMPTION RECOMMENDATIONS, SALT, FAT

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ABSTRACT

Background : The age of school children has the freedom to choose foods that they like. Criteria for foods that they like usually contain lots of sugar, salt, fat, and MSG (Mono Sodium Glutamate). Apart from the consumption of school children's snacks, the sugar, salt and fat content in giving a child's lunch should also not be ignored. Less or excessive consumption of sugar, salt, and fat is not good for the body, so consumption of foods high in sugar, salt, and fat that need to be controlled.

Objectives : Analyzing the contribution of food in schools and its contribution to the contribution of consumption of sugar, salt, and fat.

Methods : This type of research is an observational study with a cross-sectional research design. The research was conducted in January 2019. The study population was all students at SD Muhammadiyah Kauman Yogyakarta with a sample of 52 students.

Results : Communicate food from lunch and snacks. The average contribution of lunch intake for sugar is 3.47% (± 0.92), salt is 30.35% (± 5.44), and fat is 18.67% (± 3.07). While the average contribution of snacks for sugar is 15.25% (± 7.54), salt is 24.66% (± 13.53), and fat is 12.23% (± 5.05).

Conclusion : Food intake while in school have contribute to the intake of sugar, salt, and fat.

Keywords : school-aged children, lunch, snacks, sugar, salt, fat