

MODIFIKASI FORMULA ENTERAL TINGGI ENERGI TINGGI PROTEIN  
“FEKA” PADA PASIEN *CANCER* DI RSUD PROF. Dr. MARGONO SOEKARJO

Risma Ayu Setyaningrum<sup>1</sup>, Nur Hidayat<sup>2</sup>, Lastmi Wayansari<sup>3</sup>

<sup>1,2,3</sup> Jurusan Gizi Poltekkes Kemenkes Yogyakarta

Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email : [rismaayu855@gmail.com](mailto:rismaayu855@gmail.com)

### ABSTRAK

**Latar Belakang:** Salah satu masalah gizi yang erat kaitannya dengan kanker adalah malnutrisi. Hal ini akibat dari tidak tercukupinya zat gizi yang masuk. Pasien kanker diberikan diet TETP dengan tujuan untuk memenuhi kebutuhan gizi yang meningkat dalam rangka mencegah dan mengurangi kerusakan jaringan. Pemberian makan pasien kanker perlu diperhatikan terutama pada pasien yang menghadapi hambatan asupan seperti mengalami mual, muntah, anoreksia. Pada pasien kanker dapat diberikan formula enteral sebagai alternatif asupan makan.

**Tujuan:** Menghasilkan formula enteral tinggi energi tinggi protein pada pasien kanker dengan kandungan gizi, sifat fisik, biaya dan daya terimanya.

**Metode:** Penelitian dengan *quasy experiment* dengan desain *Posttest Only Control Group Design*. Subjek penelitian sebanyak 10 panelis.

**Hasil:** Formula enteral memiliki kandungan gizi per 250 ml pada energi 302,12 kkal, protein 16,56 g, lemak 5,32 g, karbohidrat 47 g, kepadatan kalori 1,2 kkal/ml dengan viskositas 1,6 cP dan osmolaritas 453,3 mOsm/L. Hasil uji organoleptic 50% panelis menyukai warna, 60% menyukai aroma, 70% menyukai rasa, 50% menyukai tekstur dengan biaya per 250 ml Rp. 6.549.

**Kesimpulan:** Formula ini dapat digunakan sebagai formula enteral alternatif untuk pasien kanker.

**Kata Kunci:** Asam amino, Diet Tinggi Energi Tinggi Protein, Formula Enteral, Kanker, Tepung Kedelai.

MODIFICATION OF HIGH ENERGY HIGH PROTEIN ENTERAL FORMULA  
“FEKA” IN CANCER PATIENTS AT PROF. Dr. MARGONO SOEKARJO  
REGIONAL HOSPITAL

Risma Ayu Setyaningrum<sup>1</sup>, Nur Hidayat<sup>2</sup>, Lastmi Wayansari<sup>3</sup>

<sup>1,2,3</sup> Department of Nutrition, Health Polutechnic of Health Ministry, Yogyakarta

Jalan Tata Bumi No. 3 Banyuraden, Gamping, Sleman

Email : [rismaayu855@gmail.com](mailto:rismaayu855@gmail.com)

**ABSTRACT**

**Background:** Cancer is a disease characterized by uncontrolled cell growth and the potential to spread to other parts of the body. One nutritional problem that is closely related to cancer is malnutrition. This is a result of not getting enough nutrients. Cancer patients are given the TETP diet with the aim of meeting increased nutritional needs in order to prevent and reduce tissue damage. Feeding cancer patients needs to be paid attention to, especially in patients who face intake barriers such as experiencing nausea, vomiting, anorexia. Cancer patients can be given enteral formula as an alternative to food intake.

**Objective:** Producing a high energy, high protein enteral formula for cancer patients with nutritional content, physical properties, cost and acceptability.

**Methods:** Quasi-experimental research with a Posttest Only Control Group Design. The research subjects were 10 panelists.

**Result:** The enteral formula has nutritional content per 250 ml at energy 302.12 kcal, protein 16.56 g, fat 5.32 g, carbohydrate 47 g, calorie density 1.2 kcal/ml with viscosity 1.6 cP and osmolarity 453.3 mOsm/L. Organoleptic test results: 50% of panelists liked the color, 60% liked the aroma, 70% liked the taste, 50% liked the texture and the cost for 250 ml was IDR. 6,549.

**Conclusion:** This formula can be used as an alternative enteral formula for cancer patients.

**Keywords:** *Amino acid, High Energy High Protein Diet, Enteral Formula, Cancer, Soy flour.*