

COMPATIBILITY OF THE FISH SIDE DISH TO THE STANDARD PORTION OF THE YOGYAKARTA ISLAMIC HOSPITAL PDHI

Rintan Dewi Widyawati¹, Elza Ismail², Noor Tifauzah³
¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman
email : rintandewi@gmail.com, elza.ismail@gmail.com,
noortifauzah@gmail.com

ABSTRACT

Background: Hospital food management activities consist of menu planning, food needs planning, planning of expenditure budget, procurement of foodstuffs, receipt and storage, cooking of food ingredients, distribution and recording, reporting and evaluation. The organization of food needs to pay attention to the amount of ingredients and types of food menu's provided to patients. To maintain the quality and frequency in producing food, it is necessary to have a number of food standards, one of which is standard servings. Standard portions are used as a guide in serving large portions of food. Standard portion has a function to help the fulfillment of the patient's nutritional intake.

Objective: This study aims to determine the suitability of large portions of fish side dishes to standard servings of Yogyakarta Islamic Hospital PDHI served at lunchtime.

Method: This type of research is observational research. The research was conducted by direct observation for data collection of large portions of fish dishes served at the Nutrition Unit of Yogyakarta Islamic Hospital PDHI. The study was conducted on eight types of cuisine with a sampling of ten. The sampling technique was carried out using a purposive sampling technique with inclusion and exclusion criteria.

Result: The result of the study according to the suitability of the portion size showed that of the 8 types of fish dishes, there were 2 types (25%) of fish cooking in accordance with the standard portion and 6 types (75%) of fish dishes that didn't comply with the standard portion. Suitability of the portion size at the Nutrition Unit of Yogyakarta Islamic Hospital PDHI, can be concluded that most types of fish dishes served at lunch time are not in accordance with the standard portion.

Keyword : Portion Size, Standard portion, Suitability of Portion Standard
References : 2000-2019

KESESUAIAN BESAR PORSI LAUK IKAN TERHADAP STANDAR PORSI
RUMAH SAKIT ISLAM YOGYAKARTA PDHI

Rintan Dewi Widyawati¹, Elza Ismail², Noor Tifauzah³

¹²³Jurusan Gizi Poltekkes Kemenkes Yogyakarta,

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

email : rintandewi@gmail.com, elza.ismail@gmail.com,

noortifauzah@gmail.com

ABSTRAK

Latar belakang: Kegiatan penyelenggaraan makanan rumah sakit terdiri dari perencanaan menu, perencanaan kebutuhan bahan makanan, perencanaan anggaran belanja, pengadaan bahan makanan, penerimaan dan penyimpanan, pemasakan bahan makanan, distribusi dan pencatatan, pelaporan serta evaluasi.

Penyelenggaraan makanan perlu memperhatikan jumlah bahan dan jenis menu makanan yang diberikan kepada pasien. Untuk menjaga mutu dan frekuensi dalam memproduksi makanan perlu adanya beberapa standar makanan, salah satunya standar porsi. Standar porsi digunakan sebagai panduan dalam menyajikan besar porsi makanan. Standar porsi mempunyai fungsi untuk membantu terpenuhinya asupan zat gizi pasien.

Tujuan : Penelitian ini bertujuan untuk mengetahui kesesuaian besar porsi lauk ikan terhadap standar porsi di RSIY PDHI yang disajikan pada waktu makan siang

Metode: Jenis penelitiannya adalah penelitian observasional. Penelitian tersebut dilakukan dengan observasi secara langsung untuk pengambilan data besar porsi lauk ikan yang disajikan di Unit Gizi Rumah Sakit Islam Yogyakarta PDHI. Penelitian dilakukan pada delapan jenis masakan dengan jumlah sampel sebanyak 10. Teknik pengambilan sampel dilakukan menggunakan teknik purposive sampling dengan kriteria inklusi dan eksklusi.

Hasil: Hasil penelitian menunjukkan bahwa kesesuaian besar porsi dari 8 jenis masakan ikan, terdapat 2 jenis (25%) masakan ikan yang sesuai dengan standar porsi dan 6 jenis (75%) masakan ikan yang tidak sesuai dengan standar porsi. Kesesuaian besar porsi di Unit Gizi RS PDHI dapat disimpulkan bahwa sebagian besar jenis masakan ikan yang disajikan pada waktu makan siang tidak sesuai dengan standar porsi.

Kata kunci : Besar porsi, Standar porsi, Kesesuaian besar porsi.

Referensi : 2000-2019