

# **GAMBARAN CITA RASA MAKANAN DAN SISA MAKANAN PADA PASIEN RAWAT INAP DI RUMAH SAKIT DKT DR. SOETARTO YOGYAKARTA**

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## **ABSTRAK**

**Latar belakang :** Sisa makan yang berlebih jika dibiarkan terus menerus akan berdampak pada status gizi pasien dan dapat memperlambat proses penyembuhan pasien. Dalam memberikan makanan kepada pasien, cita rasa makanan juga berperan penting selain makanan sesuai kebutuhan pasien. Makanan lunak memiliki kadar air tinggi sehingga volumenya besar, selain itu bumbu yang digunakan tidak boleh merangsang. Hal ini seringkali membuat rasa makanan menjadi hambar sehingga dapat mempengaruhi daya terima pasien pada makanan lunak yang disajikan. Untuk mengetahui cita rasa dan sisa makanan lunak diperlukan penelitian.

**Tujuan :** Mengetahui gambaran cita rasa makanan dan sisa makanan bentuk lunak di rumah sakit DKT Dr. Soetarto Yogyakarta

**Metode :** Jenis penelitian ini yaitu observasional Pengambilan sampel menggunakan teknik *accidental sampling*. Hasil pengukuran sisa makanan menggunakan metode *food weighing* dan penilaian cita rasa dengan cara wawancara.

**Hasil :** Rata – rata penilaian uji cita rasa makanan bentuk lunak pada warna 97,1 % menarik, bentuk 100 % menarik, penyajian 100 % menarik, aroma 97,1 % sesuai, bumbu 95,7 % sesuai, suhu 98,6 % sesuai. Rata-rata sisa makanan bentuk lunak pada makan pagi sebanyak 27,1 %, makan siang sebanyak 21,2 %, makan malam sebanyak 18,4 % dan selingan sebanyak 13,5 %.

**Kesimpulan :** Rata – rata penilaian uji cita rasa makanan bentuk lunak pasien rawat inap di rumah sakit DKT Dr. Soetarto Yogyakarta pada warna, bentuk, penyajian termasuk kategori menarik. Pada aroma, bumbu dan suhu termasuk kategori sesuai. Rata – rata sisa makanan bentuk lunak pasien rawat inap di rumah sakit DKT Dr. Soetarto Yogyakarta selama satu hari 20,1 % termasuk kategori sedikit.

**Kata kunci :** Sisa makanan, cita rasa makanan, makanan bentuk lunak, *food weighing*

## **DESCRIPTION OF FOOD TASTE AND LEFTOVER IN PATIENTS AT DR. SOETARTO YOGYAKARTA**

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### **ABSTRACT**

**Background:** Excess food leftover if allowed to continue will have an impact on the patient's nutritional status and can slow down the patient's healing process. In providing food to patients, the taste of food also plays an important role in addition to food according to the patient's needs. Soft food has a high water content so that the volume is large, other than that the spices used should not be stimulating. This often makes the food taste bland so that it can affect the patient's acceptance of the soft food served. To find out the taste and soft food leftover, research is needed.

**Destination:** Knowing the description of food taste and soft food leftovers at the DKT Hospital Dr. Soetarto Yogyakarta

**Method:** This type of research is observational. Sampling using accidental sampling technique. The results of the measurement of leftovers used the food weighing method and taste assessment by means of interviews.

**Result:** The average assessment of the taste test for soft food was 97.1% attractive in color, 100% attractive in shape, 100% attractive in presentation, 97.1% appropriate for aroma, 95.7% appropriate for seasoning, and 98.6% appropriate for temperature. The average of soft food leftovers at breakfast was 27.1%, lunch was 21.2%, dinner was 18.4% and a distraction was 13.5%.

**Conclusion:** The average of the soft form food taste test results of the patients treated at the DKT Hospital Dr. Soetarto Yogyakarta on color, shape, presentation, including the interesting category. The aroma, seasoning and temperature are included in the appropriate category. The average soft form leftover food for inpatients at the DKT Hospital Dr. Soetarto Yogyakarta for one day 20.1% was in the small category.

**Keywords :** Leftovers, taste of food, soft foods, food weighing