

THE ACCURACY OF THE NON-DIET MENU OF ANIMAL DISHES SERVED AT THE PKU MUHAMMADIYAH GAMPING HOSPITAL

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ABSTRACT

Background : Minimum hospital service standards include dietary accuracy, punctuality of time, and leftovers. The portion size is one of the factors that determine the patient's nutritional intake. In the administration of food, it is necessary to have a standard portion for each food ingredient, so that the patient's nutritional needs can be fulfilled with certainty.

Objectives : Knowing the accuracy of the non-diet menu of animal dishes served at PKU Muhammadiyah Gamping Hospital

Method : This type of research is observational with direct observation. The research object of animal side dishes served at PKU Muhammadiyah Gamping Hospital on the lunch menu for 11 days. Descriptive analysis was performed on each variable

Result : Large portions for animal side dishes of beef (101%), tilapia fillets (109%), chicken liver gizzard (114.5%), chicken meat (162%), chicken eggs (116%), quail eggs (81%) , and presto milkfish (156%). Whereas in chicken liver, presto milkfish, chicken eggs, quail eggs and chicken meat, there was a deviation of more or less 10% (90-110%).

Conclusion : The accuracy of the ingredients for the animal side dishes of beef and tilapia fillets, while for the animal side dishes of chicken liver, presto milkfish, chicken eggs, quail eggs and chicken meat, there is no accuracy of the frying.

Keywords : Portion Standart, Animal Dish, Accuracy Portion

KETEPATAN PEMORSIAN LAUK HEWANI MENU NON DIET YANG DISAJIKAN DI RUMAH SAKIT PKU MUHAMMADIYAH GAMPING

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ABSTRACK

Latar belakang : Standar pelayanan minimal rumah sakit memuat ketepatan diet, ketepatan waktu, dan sisa makanan. Ukuran porsi merupakan salah satu factor yang menentukan asupan gizi pasien. Dalam penyelenggaraan makanan diperlukan standar porsi untuk setiap bahan makanan, sehingga pemenuhan kebutuhan gizi pasien dapat terpenuhi dengan pasti.

Tujuan : Mengetahui ketepatan pemorsian lauk hewani menu non diet yang disajikan di Rumah Sakit PKU Muhammadiyah Gamping.

Metode Penelitian : Jenis penelitian ini adalah observasional yang dilakukan pengamatan secara langsung. Obyek penelitian lauk hewani yang di sajikan di RS PKU Muhammadiyah Gamping pada menu makan siang selama 11 hari. Analisis deskriptif dilakukan pada tiap variabel.

Hasil Penelitian : Besar porsi untuk lauk hewani daging sapi (101%), ikan nila fillet (109%), ampela hati ayam (114,5%), daging ayam (162%), telur ayam (116%), telur puyuh (81%), dan bandeng presto (156%). Sedangkan pada hati ayam, ikan bandeng presto, telur ayam, telur puyuh dan daging ayam, terjadi penyimpangan lebih dan kurang 10% (90-110%).

Kesimpulan : Ketepatan pemorsian hanya pada lauk hewani daging sapi dan ikan nila fillet. Lauk hewani hati ayam, ikan bandeng presto, telur ayam, telur puyuh dan daging ayam belum memenuhi ketepatan pemorsian.

Kata Kunci : Standar Porsi, Lauk Hewani, Ketepatan Porsi