

# PRECISION OF NON DIET MENU VEGETABLE SIDE SERVICES AT RSUD PANEMBAHAN SENOPATI

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## ABSTRACT

**Background:** Hospital food service is a way to help and speed up the patient's healing process. The appropriate portion of vegetable side dishes will meet the nutritional value needs of groups of people or patients. In food administration, it is necessary to have a standard portion for each food ingredient, so that the amount of food ingredients becomes clear. The vegetable side dish preparation officer in doing portioning is not carried out by a weighing process, but only based on estimates in estimating the large portion of vegetable side dishes.

**Objective:** To find out the standard portion, large portion of vegetable side dish, and the accuracy of the portion of vegetable side dish on the non-diet menu at the Nutrition Installation of RSUD Panembahan Senopati.

**Methods:** This type of research is observational with a cross sectional research design. The object of the research was non-diet vegetable side dishes served at the Nutrition Installation of RSUD Panembahan Senopati 3 objects for each meal in 1 menu cycle.

**Result :** The standard servings of non-diet vegetable side dishes at the Nutrition Installation of RSUD Panembahan Senopati are soybean tempe (25 grams) and tofu (50 grams). The average weight of the non-diet menu vegetable side dishes that have been converted to raw weight for tempeh is (30.76 grams) and tofu (56.51 grams). soybeans (+23.04%), and tofu (+13.02%).

**Conclusion:** The inaccuracy of the portioning is found in the non-diet menu vegetable side dishes, tempeh, soybeans and tofu.

**Key words:** Portion Standards, Vegetable Side dishes, Portion Accuracy.

# KETEPATAN PEMORSIAN LAUK NABATI MENU NON DIET DI RSUD PANEMBAHAN SENOPATI

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## ABSTRAK

**Latar Belakang:** Penyelenggaraan makanan rumah sakit merupakan suatu cara untuk membantu dan mempercepat proses penyembuhan pasien. Porsi lauk nabati yang sesuai akan mencukupi kebutuhan nilai gizi kelompok orang atau pasien. Dalam penyelenggaraan makanan diperlukan standar porsi pada setiap bahan makanan, sehingga jumlah bahan makanan menjadi jelas. Petugas persiapan lauk nabati dalam melakukan pemorsian tidak dilakukan dengan proses penimbangan, tetapi hanya berdasarkan perkiraan dalam menaksir besar porsi lauk nabati.

**Tujuan:** Diketahui standar porsi, besar porsi lauk nabati, dan ketepatan porsi lauk nabati pada menu non diet di Instalasi Gizi RSUD Panembahan Senopati.

**Metode:** Jenis penelitian ini adalah observasional dengan desain penelitian cross sectional. Objek penelitian adalah lauk nabati menu non diet yang disajikan di Instalasi Gizi RSUD Panembahan Senopati 3 objek setiap kali makan dalam 1 siklus menu.

**Hasil:** Standar porsi lauk nabati menu non diet di Instalasi Gizi RSUD Panembahan Senopati yaitu tempe kedelai (25 gram) dan tahu (50 gram). Berat rata-rata penimbangan lauk nabati menu non diet yang sudah dikonversikan ke berat mentah untuk tempe sebesar (30,76 gram) dan tahu sebesar (56,51gram). Objek penelitian lauk nabati terjadi penyimpangan dengan toleransi 10% terhadap standar porsi terjadi pada tempe kedelai (+23,04%), dan tahu (+13,02%).

**Kesimpulan :** ketidak tepatan pemorsian terdapat pada lauk nabati menu non diet tempe kedelai dan tahu.

**Kata Kunci :** Standar Porsi, Lauk Nabati, Ketepatan Porsi.