

## THE STUDY OF SOFT FOODS DIET MENU FOR PATIENTS IN QUEEN LATIFA YOGYAKARTA HOSPITAL

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### ABSTRACT

**Introduction:** The food and nutrition service in a hospital must fulfill its purposes, which are serving safe and high quality foods containing nutrition contents that suitable with the dietary needs. However, certain types of foodstuffs that are not allowed to be served as soft foods diet menu, such as cabbage and sweet corn, were still found in the research location. Therefore, further study about soft foods diet is needed.

**Purpose:** The purpose of the research was to determine the compatibility of soft foods diet in Queen Latifa Yogyakarta hospital with the standard of soft foods.

**Methods:** This observational research was presented descriptively. The objects of this research were the soft foods that were served for one cycle of menu (10 days).

**Results:** The results of the soft foods diet indicate the food served is not accordance with requirements because had not soft-textured to kind soft foods diet such as rice porridge in the evening. It contained 40% of meat content, and also 60% of vegetarian side dishes. Soft foods diet which did not comply with the easily-digested food standard such as rice porridge in the afternoon, and evening contained 30% of meat, 55.56% of vegetarian side dishes. Soft foods diet which did not comply with low fibers requirements such as rich porridge in the morning, 55.56% of vegetarian side dishes, and also 44.44% of vegetables. Non-fried rice porridge not accordance with requirements low fiber in the morning which did not comply with the low fibers foods requirements was found at 44.44%. Soft foods diet containing strong spices such as rice porridge rice contained 10% and 20% of vegetarian side dishes. In the morning it contained 22.22% of vegetarian side dishes, and 11.11% of vegetables in the morning. Non-fried rice porridge containing strong spices contained 20% of meat in the evening. The percentage of nutrient contain in energy and carbohydrate it contained 100% still less than of hospital standard.

**Conclusion:** The served soft foods diet had not fulfilled the standard of soft foods diet

**Keywords:** Food and nutrition service, soft foods diet study

## KAJIAN MAKANAN LUNAK PADA PASIEN DI RS QUEEN LATIFA YOGYAKARTA

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### ABSTRAK

**Latar Belakang:** Pelayanan makanan di rumah sakit harus mencapai tujuannya yaitu menyajikan makanan yang aman, berkualitas, serta kandungan zat gizi sesuai dengan kebutuhan. Masih ditemukannya bahan makanan yang tidak diperbolehkan untuk makanan lunak yaitu kubis dan jagung manis, maka dari itu perlu adanya kajian makanan lunak pada pasien.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui kesesuaian makanan lunak di RS Queen Latifa Yogyakarta dengan standar syarat makanan lunak.

**Metode:** Jenis penelitian ini adalah observasional yang disajikan secara deskriptif. Objek penelitian yang akan diteliti adalah makanan lunak yang disajikan selama 1 siklus menu (10 hari).

**Hasil:** Hasil penelitian mengenai makanan lunak menunjukkan bahwa makanan yang disajikan tidak sesuai dengan syarat memiliki tekstur lunak untuk jenis makanan lunak bubur nasi pada sore hari meliputi lauk hewani sebesar 40%, dan lauk nabati sebesar 60%. Makanan lunak yang tidak sesuai dengan syarat makanan mudah dicerna seperti bubur nasi pada siang dan sore hari meliputi lauk hewani sebesar 30%, lauk nabati pada pagi hari sebesar 55.56%. Makanan lunak yang tidak sesuai dengan syarat rendah serat seperti bubur nasi pada pagi hari meliputi lauk nabati sebesar 55.56%, serta sayur pada pagi hari sebesar 44.44%. Bubur nasi non goreng yang tidak sesuai dengan syarat rendah serat pada pagi hari meliputi sayur sebesar 44.44%. Makanan lunak yang mengandung bumbu tajam pada bubur nasi meliputi lauk nabati pada pagi hari sebesar 22.22%. Bubur nasi non goreng yang mengandung bumbu tajam meliputi lauk hewani pada sore hari sebesar 20%. Persentase kandungan gizi pada energi dan karbohidrat yang masih kurang dari standar RS sebesar 100%.

**Kesimpulan:** Dapat disimpulkan bahwa makanan lunak yang disajikan belum seluruhnya memenuhi syarat makanan lunak.

**Kata Kunci :** Pelayanan makanan, kajian makanan lunak

