

**KECUKUPAN ENERGI PROTEIN DAN LEMAK PADA MAKANAN  
PENDAMPING AIR SUSU IBU DAN STATUS GIZI BALITA USIA 6-23  
BULAN DI KECAMATAN MINGGIR KABUPATEN SLEMAN  
YOGYAKARTA**

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**ABSTRAK**

**Latar Belakang** :Sebagian besar anak usia 6-23 bulan tidak mendapatkan MP-ASI dalam jumlah yang cukup baik dari segi kuantitas maupun kualitas. Jika bayi dan anak usia 6-23 bulan tidak memperoleh cukup energi, protein dan lemak dari MP-ASI, maka akan mengakibatkan gangguan pertumbuhan dan kurang gizi.

**Tujuan** :Diketahuinya kecukupan energi, protein, lemak pada makanan pendamping ASI (MP-ASI) dan status gizi balita usia 6-23 bulan.

**Metode** :Penelitian ini menggunakan desain *cross sectional* di Kecamatan Minggir Kabupaten Sleman Daerah Istimewa Yogyakarta. Subjek penelitian adalah balita usia 6-23 bulan yang berjumlah 194 anak yang merupakan sampel data sekunder pada pengumpulan data dasar program gizi masyarakat. Aspek yang diteliti adalah kecukupan energi, protein, lemak MP-ASI, dan status gizi balita usia 6-23 bulan. Asupan energi, protein, dan lemak MP-ASI diperoleh dari pengumpulan data dasar program gizi, dengan metode *food recall* 24 jam dan status gizi dengan pengukuran antropometri.

**Hasil** :Asupan energi MP-ASI yang cukup sebanyak 106 (54,6%) anak, asupan protein MP-ASI yang cukup sebanyak 141 (72,7%) anak, asupan lemak MP-ASI yang cukup sebanyak 100 (51,5%) anak. Terdapat 25 (12,8%) anak dengan status gizi buruk+kurang dan 169 (87,2%) anak dengan status gizi baik+lebih.

**Kesimpulan** :Sebagian besar subjek memiliki asupan energi, protein, dan lemak pada MP-ASI yang cukup. Terdapat *malnutrition* pada subjek. Sebagian besar subjek yang memiliki status gizi buruk+gizi kurang memiliki asupan energi dan lemak MP-ASI yang kurang, namun memiliki asupan protein MP-ASI yang cukup.

**Kata Kunci** :Makanan pendamping ASI, asupan energi, asupan protein, asupan lemak, status gizi, balita usia 6-23 bulan

**ADEQUACY OF ENERGY PROTEIN AND LIPID IN  
COMPLEMENTARY FOODS AND NUTRITIONAL STATUS OF  
CHILDREN 6-23 MONTHS OF AGE IN MINGGIR SUBDISTRICT  
SELEMAN YOGYAKARTA**

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**ABSTRACT**

**Background** :Most children aged 6-23 months do not get complementary food in sufficient quantities in terms of both quantity and quality. If infants and children aged 6-23 months are not getting enough energy, protein and lipid from complementary foods, it will result in growth disorders and malnutrition.

**Objective** :To identification of adequacy of energy protein and lipid on complementary foods and the nutritional status of children aged 6-23 months.

**Methods** :This study used a cross-sectional design in Minggir, Sleman, Yogyakarta. Subjects were children aged 6-23 months amounted to 194 children, a sample of secondary data on baseline data collection community nutrition program. Aspects studied were adequacy of energy, protein, lipid of complementary foods, and nutritional status of children aged 6-23 months. The intake of energy, protein, and lipid of complementary foods was obtained with a 24-hour food recall method and nutritional status with anthropometric measurements .

**Results** :Energy intake of complementary foods adequate were 106 (54.6 %) children, protein intake of complementary foods are adequate as many as 141 (72.7 %) children, lipid intake of complementary foods adequate were 100 ( 51.5 % ) children. There are 25 (12.8 %) children with poor nutritional status+less, and 169 (87.2 %) children with good nutritional status+more.

**Conclusion** :Most subjects had adequate of energy, protein, and lipid intake from complementary foods is enough. There malnutrition on the subject. Most subjects who have a poor nutritional status+malnutrition have inadequate energy and lipid intake from complementary foods, but has adequate protein intake from complementary foods.

**Keywords** : complementary foods, energy intake, protein intake, lipid intake, nutritional status, children aged 6-23 months.