

# **FITNESS OF FOOD MENU, CONTRIBUTION OF LEVELS OF ENERGY, AND PROTEIN TO FOOD PROVIDED IN THE DORMITORY I OF THE POLTEKKES KEMENKES YOGYAKARTA**

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## **ABSTRACT**

**Background:** Food management institution aims to provided food that is of good quality, varies, fulfills nutritional adequacy, and could be accepted by consumers<sup>1</sup>. Food management in student dormitories must provided a food menu that could meet nutritional adequacy and is liked by students.

**Objectives:** To found out the suitability of the food menu, the contribution of the level of energy adequacy, and protein to the food served at the Dormitory I of the Poltekkes Kemenkes Yogyakarta.

**Methods:** Survey research was conducted on food menus served in student dormitories for 18 days (as many as 18 breakfast menus and 17 dinner menus) including rice, animal dishes, vegetable dishes, vegetables and fruit. The variables studied included the portion of the breakfast and dinner menu, the energy and protein content of the breakfast and dinner menus and their contribution to the nutritional adequacy rate. To test the hypothesis a different T-Test Independent is used.

**Results:** The food menu served in the hostel consists of rice, animal side dishes, vegetable dishes, vegetables for breakfast and additional fruit for dinner. The average portion weight for breakfast was rice 209.89 grams, animal side dishes 44.54 grams, vegetable dishes 30.73 grams, and vegetables 54.04 grams. While the average portion weight for dinner was 217.88 grams of rice, 46.16 grams of animal side dishes, 28.6 grams of vegetable dishes, 46.65 grams of vegetables, and 43.88 grams of fruit. The energy content of breakfast was 715.68 kcal (or its contributed was 28.63% AKE) and dinner was 750.18 kcal (or its contributed was 30.01% AKE). Whereas the protein content in breakfast was 21.68 grams (or its contributed was 36.74% AKP and dinner was 22.21 grams (or its contributed was 37.64% AKP).

**Conclusion:** There was no significant difference between the weight of portions of rice, animal side dishes, vegetable side dishes, and vegetables in breakfast and dinner. The contribution of the energy content to breakfast and dinner was in accordance with the standard of eating arrangements. While the contribution of the protein content to breakfast and dinner is more than the standard recommended meal arrangements.

Keywords: Food Menu Suitability, Contribution of Energy Adequacy Level, Contribution of Protein Adequacy Level

# KESESUAIAN MENU MAKANAN, KONTRIBUSI TINGKAT KECUKUPAN ENERGI, DAN PROTEIN TERHADAP MAKANAN YANG DISAJIKAN DI ASRAMA I POLTEKKES KEMENKES YOGYAKARTA

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## ABSTRAK

**Latar Belakang:** Penyelenggaraan makanan intitusi bertujuan untuk menyediakan makanan yang berkualitas baik, bervariasi, memenuhi kecukupan gizi, dan dapat diterima oleh konsumen<sup>1</sup>. Penyelenggaraan makanan di asrama mahasiswa harus menyediakan menu makanan yang dapat memenuhi kecukupan gizi dan disukai oleh mahasiswa.

**Tujuan Penelitian:** Mengetahui kesesuaian menu makanan, kontribusi tingkat kecukupan energi, dan protein terhadap makanan yang disajikan di Asrama I Poltekkes Kemenkes Yogyakarta.

**Metode Penelitian:** Penelitian survei dilakukan terhadap menu makanan yang disajikan di asrama mahasiswa selama 18 hari (sebanyak 18 menu makan pagi dan 17 menu makan malam) meliputi nasi, lauk hewani, lauk nabati, sayur, dan buah. Variabel yang diteliti meliputi porsi menu makan pagi dan makan malam, kandungan energi dan protein menu makan pagi dan makan malam serta kontribusinya terhadap angka kecukupan gizi. Untuk menguji hipotesis digunakan uji beda T-Test Independent.

**Hasil Penelitian:** Menu makanan yang disajikan di asrama terdiri dari nasi, lauk hewani, lauk nabati, sayur untuk makan pagi dan tambahan buah untuk makan malam. Rata – rata berat porsi untuk makan pagi yaitu nasi 209,89 gram, lauk hewani 44,54 gram, lauk nabati 30,73 gram, dan sayur 54,04 gram. Sedangkan rata – rata berat porsi untuk makan malam yaitu nasi 217,88 gram, lauk hewani 46,16 gram, lauk nabati 28,6 gram, sayur 46,65 gram, dan buah 43,88 gram. Kandungan energi pada makan pagi sebesar 715,68 kkal (atau kontribusinya sebesar 28,63% AKE) dan makan malam sebesar 750,18 kkal (atau kontribusinya sebesar 30,01% AKE). Sedangkan kandungan protein pada makan pagi sebesar 21,68 gram (atau kontribusinya sebesar 36,74% AKP dan makan malam sebesar 22,21 gram (atau kontribusinya sebesar 37,64% AKP).

**Kesimpulan:** Tidak ada perbedaan yang signifikan antara berat porsi nasi, lauk hewani, lauk nabati, dan sayur pada makan pagi dan makan malam. Kontribusi kandungan energi pada makan pagi dan makan malam sudah sesuai dengan standar anjuran pengaturan makan. Sedangkan kontribusi kandungan protein pada makan pagi dan makan malam lebih dari standar anjuran pengaturan makan.

Kata kunci : Kesesuaian Menu Makanan, Kontribusi Tingkat Kecukupan Energi, Kontribusi Tingkat Kecukupan Protein