

KETEPATAN PEMORSIAN LAUK HEWANI PADA MENU NON DIET DI RUMAH SAKIT UMUM DAERAH PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang : Salah satu kegiatan dalam penyelenggaraan makanan di rumah sakit adalah distribusi makanan. Dalam distribusi terdapat tahap pemorsian menggunakan standar porsi untuk setiap makanan yang disajikan agar mencukupi asupan gizi pasien, sehingga diperlukan ketepatan dalam pemorsian untuk memenuhi kebutuhan gizi pasien.

Tujuan : Mengetahui ketepatan pemorsian lauk hewani pada menu non diet di Rumah Sakit Umum Daerah Panembahan Senopati Bantul.

Metode : Jenis penelitian ini adalah observasional yang dilakukan pengamatan secara langsung. Obyek penelitian adalah lauk hewani pada menu non diet yang disajikan di RSUD Panembahan Senopati Bantul selama 3 hari pada siklus 3, 4 dan 5. Analisis deskriptif dilakukan pada tiap variabel

Hasil Penelitian : Besar porsi untuk lauk hewani daging ayam (146%), telur ayam (107,7%), rolade ikan (68,7%), galantin (70%), dan ikan tuna (104%). Terdapat penyimpangan dalam ketepatan pemorsian yaitu pada lauk hewani daging ayam, rolade ikan dan galantin sebesar kurang dan lebih 10% (90-110%)

Kesimpulan : Ketepatan pemorsian pada lauk hewani telur ayam dan ikan tuna saja. Untuk lauk hewani daging ayam, rolade ikan dan galantin belum memenuhi ketepatan pemorsian.

Kata Kunci : Standar Porsi, Lauk Hewani, Ketepatan Porsi

THE ACCURACY OF ANIMAL-BASED SIDE DISH PORTIONING IN NON-DIET MENUS AT PANEMBAHAN SENOPATI REGIONAL GENERAL HOSPITAL BANTUL

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ABSTRACT

Background : One of the activities in hospital food service management is food distribution. In the distribution process, portioning is carried out using standard portion sizes for each meal served to ensure adequate nutritional intake for patients. Therefore, accuracy in portioning is essential to fulfill the patients' nutritional needs

Objectives : Knowing the accuracy of animal-based dish portioning in the non-diet menu at Panembahan Senopati Regional General Hospital, Bantul.

Method : This research is observational with direct observation. The object of the study is animal-based side dishes in the non-diet menu served at Panembahan Senopati Regional General Hospital, Bantul, over a period of three days during cycles 3, 4, and 5. Descriptive analysis was performed on each variable.

Result : The portion sizes for animal-based side dishes were as follows: chicken meat (146%), chicken eggs (107.7%), fish roulade (68.7%), galantine (70%), and tuna (104%). There were deviations in portioning accuracy for chicken meat, fish roulade, and galantine the acceptable range of more or less 10% (90–110%)

Conclusion : Accurate portioning was observed only in the chicken egg and tuna dishes, while the portioning of chicken meat, fish roulade, and galantine did not meet the required accuracy standards

Keywords : Portion Standart, Animal Side Dish, Accuracy Portion