

EVALUATION OF SPECIAL DIET MENU AND SOFT FOOD LEFTOVER OF ANIMAL  
SIDE DISHES IN DIABETES MELLITUS PATIENTS AT RSUD dr. SOEHADI  
PRIJONEGORO SRAGEN

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**ABSTRAK**

**Background:** Diabetes Mellitus (DM) is a chronic disease that requires special dietary management, including monitoring of protein intake from animal side dishes. High food waste in hospital patients, especially animal side dishes, may indicate low food acceptance and risk disrupting the provision of patient nutritional needs. Evaluation of menus and food waste is needed to assess the effectiveness of nutritional services, especially in DM patients with special diets.

**Objective:** To find out the suitability of the animal side dish menu, the percentage of leftover animal side dishes and recommendations for improvement in the preparation and presentation of animal side dish menus in DM patients with a special soft diet at Dr. Soehadi Prijonegoro Sragen Regional Hospital.

**Method:** This study used a descriptive observational method with a cross-sectional approach. The subjects of the study were 20 class III DM patients who received a special soft diet with the 9th menu cycle. Evaluation was carried out on the animal side dish menu and leftovers using the 6-point Comstock visual method.

**Results:** The menu served is in accordance with the principles of the DM diet, but the processing technique tends to be monotonous and the appearance of the food is less attractive. The average food waste of animal side dishes is 22.41%, exceeding the maximum limit of food waste according to Permenkes No. 129/Menkes/SK/II/2008 ( $\leq 20\%$ ). The highest food waste occurs at lunch at 24%.

**Conclusion:** The animal side dish menu is in accordance with the principles of the DM diet. However, the remaining animal side dishes in DM patients exceed the established standards, indicating the need for evaluation of variations in processing techniques, improving taste through natural spices, and improving the appearance of food.

**Keywords:** Menu evaluation, food waste, animal side dishes, special diet, diabetes mellitus

EVALUASI MENU DIET KHUSUS DAN SISA MAKANAN LUNAK LAUK HEWANI PADA PASIEN DIABETES MELITUS DI RSUD dr. SOEHADI PRIJONEGORO SRAGEN

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## ABSTRAK

**Latar belakang:** Diabetes Melitus (DM) merupakan penyakit kronis yang memerlukan pengaturan diet khusus, termasuk pengawasan terhadap asupan protein dari lauk hewani. Tingginya sisa makanan pasien rumah sakit, khususnya lauk hewani, dapat mengindikasikan rendahnya daya terima makanan dan berisiko mengganggu pemenuhan kebutuhan gizi pasien. Evaluasi menu dan sisa makanan diperlukan untuk menilai efektivitas pelayanan gizi, khususnya pada pasien DM dengan diet khusus.

**Tujuan:** Diketuainya kesesuaian menu lauk hewani, persentase sisa makanan lauk hewani dan rekomendasi perbaikan dalam penyusunan dan penyajian menu lauk hewani pada pasien DM dengan diet khusus bentuk lunak di RSUD dr. Soehadi Prijonegoro Sragen.

**Metode:** Penelitian ini menggunakan metode observasional deskriptif dengan pendekatan cross-sectional. Subjek penelitian adalah 20 pasien DM kelas III yang mendapatkan diet khusus bentuk lunak dengan siklus menu ke-9. Evaluasi dilakukan terhadap menu lauk hewani dan sisa makanan menggunakan metode visual Comstock skala 6 poin.

**Hasil:** Menu yang disajikan sudah sesuai prinsip diet DM, namun teknik pengolahan cenderung monoton dan tampilan makanan kurang menarik. Rata-rata sisa makanan lauk hewani sebesar 22,41%, melebihi batas maksimal sisa makanan menurut Permenkes No. 129/Menkes/SK/II/2008 ( $\leq 20\%$ ). Sisa makanan tertinggi terjadi saat makan siang sebesar 24%.

**Kesimpulan:** Menu lauk hewani sudah sesuai dengan prinsip diet DM, Namun, sisa makanan lauk hewani pada pasien DM melebihi standar yang ditetapkan, menunjukkan perlunya evaluasi variasi teknik pengolahan, peningkatan cita rasa melalui rempah alami, dan perbaikan tampilan makanan.

**Kata Kunci:** Evaluasi menu, sisa makanan, lauk hewani, diet khusus, diabetes melitus