

# OVERVIEW OF VARIATIONS IN VEGETABLE SIDE DISHES BASED ON THE FREQUENCY OF USE OF FOOD INGREDIENTS AND PROCESSING TECHNIQUES IN MENU SERVED AT RSUD WONOSARI

Dhea Herliana<sup>1</sup>, Waluyo<sup>2</sup>, Lastmi Wayansari<sup>3</sup>  
<sup>1,2,3</sup> Department of Nutrition Poltekkes Kemenkes Yogyakarta  
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman  
Email : [dheaherliana8@gmail.com](mailto:dheaherliana8@gmail.com)

## ABSTRACT

**Background :** The variety of plant-based side dishes in hospital food service is influenced by the frequency of food ingredient use and the processing techniques applied. Less varied food ingredients and processing techniques may cause patient boredom and potentially increase food waste.

**Objective :** To identify the variety of plant-based side dishes based on the frequency of food ingredient use and processing techniques in the menu served at RSUD Wonosari.

**Method :** This study was a descriptive observational study with a cross-sectional design. The research objects were plant-based side dishes in the non-diet menu cycle for class II and III patients at RSUD Wonosari. Data were collected through observation and documentation of the menu cycle, then analyzed based on the frequency of food ingredient use and plant-based food processing techniques.

**Results :** The results showed that the plant-based side dishes used consisted of tofu and tempeh. The use of tofu was 63.33% (19 times) and tempeh was 46.67% (14 times), which according to the parameters was categorized as less varied. The processing techniques used included boiling at 63.64% (21 times), frying at 33.33% (11 times), and steaming at 3.03% (1 time). The processing techniques were dominated by boiling, while the use of steaming methods was still very low.

**Conclusion :** The variety of plant-based side dishes based on the frequency of food ingredient use in the menu served at RSUD Wonosari was categorized as less varied because it was dominated by tofu use at 63.33%. In addition, the variety of plant-based side dishes based on processing techniques was also categorized as less varied because the same processing technique was repeatedly used up to three times in one day.

**Keywords:** Plant-based side dishes, Menu variety, Frequency of food ingredient use, Processing techniques, Hospital

## GAMBARAN VARIASI LAUK NABATI BERDASARKAN FREKUENSI PENGGUNAAN BAHAN MAKANAN DAN TEKNIK PENGOLAHAN PADA MENU YANG DISAJIKAN DI RSUD WONOSARI

Dhea Herliana<sup>1</sup>, Waluyo<sup>2</sup>, Lastmi Wayansari<sup>3</sup>  
<sup>1,2,3</sup>Jurusan Gizi Poltekkes Kemenkes Yogyakarta  
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman  
Email : [dheaherliana8@gmail.com](mailto:dheaherliana8@gmail.com)

### ABSTRAK

**Latar Belakang :** Variasi lauk nabati dalam penyelenggaraan makanan rumah sakit ditunjukkan dari frekuensi penggunaan bahan makanan dan teknik pengolahan yang digunakan. Penggunaan bahan makanan serta teknik pengolahan yang kurang bervariasi dapat menimbulkan kebosanan pasien dan berpotensi meningkatkan sisa makanan.

**Tujuan :** Mengetahui gambaran variasi lauk nabati berdasarkan frekuensi penggunaan bahan makanan dan teknik pengolahan pada menu yang disajikan di RSUD Wonosari.

**Metode :** Jenis penelitian ini merupakan penelitian deskriptif observasional dengan desain *cross sectional*. Objek penelitian adalah lauk nabati pada siklus menu non-diet pasien kelas II dan III di RSUD Wonosari. Data diperoleh melalui observasi dan dokumentasi siklus menu, kemudian dianalisis berdasarkan frekuensi penggunaan bahan makanan dan teknik pengolahan lauk nabati.

**Hasil :** Hasil penelitian menunjukkan bahwa lauk nabati yang digunakan terdiri dari tahu dan tempe. Penggunaan tahu sebesar 63,33% (19 kali) dan tempe sebesar 46,67% (14 kali), sehingga berdasarkan parameter termasuk kategori tidak bervariasi. Teknik pengolahan yang digunakan meliputi rebus sebesar 63,64% (21 kali), goreng sebesar 33,33% (11 kali), dan kukus sebesar 3,03% (1 kali). Teknik pengolahan didominasi oleh metode rebus, sedangkan penggunaan metode kukus masih sangat rendah.

**Kesimpulan :** Variasi lauk nabati berdasarkan frekuensi penggunaan bahan makanan pada menu yang disajikan di RSUD Wonosari tergolong tidak bervariasi karena didominasi oleh penggunaan tahu dengan persentase sebesar 63,33%. Selain itu, variasi lauk nabati berdasarkan teknik pengolahan juga tergolong tidak bervariasi karena terdapat penggunaan teknik pengolahan yang sama secara berulang hingga tiga kali dalam satu hari yang sama.

**Kata Kunci :** Lauk nabati, Variasi menu, Frekuensi penggunaan bahan makanan, Teknik pengolahan, Rumah sakit.