

ABSTRACT

DESCRIPTION OF MORNING BREAKFAST MACHINE NUTRITION CONTROL IN YOUTH TEACHERS IN THE BOARD OF TRADERS KH. SAHLAN ROSJIDI UNIVERSITY OF MUHAMMADIYAH SEMARANG

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In adolescents often the intake of nutrients is not sufficient, especially at breakfast, because of intense physical activity, the unavailability of food ingredients and the desire to get an ideal body. Breakfast is expected to meet the needs of macro nutrients in energy, protein, fat and carbohydrates. Availability of breakfast in the morning is important for the first hour of activity. The aim of the study was to determine the contribution of energy, protein, fat, and carbohydrates.

This type of research is descriptive research. A sample of 67 students in the Islamic boarding school of KH. Sahlan Rosjidi Unimus that fits the criteria. Respondent samples were taken randomly from a total number of 201 students. The data collection tool uses the form in the form of a 24-hour recall. Data analysis is done univariately.

From the results of the study, the average energy intake was 312.55 ± 145.57 kcal. The average contribution of energy samples was $47.98 \pm 21.67\%$ with categories less than needed. The average protein intake was 14.60 ± 10.03 g, and the average protein contribution was $86,862 \pm 57.71\%$ with a category less than the need. The average fat intake was 14.44 ± 7.91 g, the average fat contribution was $66.26 \pm 35.94\%$ with a category less than the need. The average carbohydrate intake was 53.72 ± 36.93 g, the average carbohydrate contribution was $60.94 \pm 42.42\%$ with a category less than needed. Breakfast is recommended at 06.00-08.00 and meets 15-30%.

It is recommended to students in the KH. Sahlan Rosjidi Unimus in order to have breakfast in the morning to fulfill his nutritional needs in the morning.

Keywords: Breakfast, Young Women, Macro Nutrition Contribution

RINGKASAN

GAMBARAN SUMBANGAN ZAT GIZI MAKRO SARAPAN PAGI PADA REMAJA PUTRI DI PONDOK PESANTREN KH. SAHLAN ROSJIDI UNIVERSITAS MUHAMMADIYAH SEMARANG

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Pada remaja seringkali asupan zat gizi tidak tercukupi terutama pada sarapan pagi, karena aktifitas fisik yang padat, ketidaktersediaan bahan makanan dan keinginan untuk memperoleh tubuh ideal. Sarapan pagi diharapkan dapat memenuhi kebutuhan zat gizi makro energi, protein, lemak dan karbohidrat. Ketersediaan sarapan pada pagi hari penting untuk jam pertama melakukan aktivitas. Tujuan dari penelitian untuk mengetahui gambaran sumbangan energi, protein, lemak, dan karbohidrat.

Jenis penelitian adalah penelitian deskriptif. Sampel penelitian 67 mahasantri di pondok pesantren KH. Sahlan Rosjidi Unimus yang sesuai kriteria. Sampel responden diambil secara acak dari jumlah total mahasantri 201. Alat pengumpul data menggunakan form dalam bentuk recall 24 jam. Analisis data dilakukan secara univariat.

Dari hasil penelitian asupan energi rata-rata $312,55 \pm 145,57$ kkal. Rata-rata sumbangan energi sampel $47,98 \pm 21,67$ % dengan kategori kurang dari kebutuhan. Asupan protein rata-rata $14,60 \pm 10,03$ g, rata-rata sumbangan protein $86,862 \pm 57,71$ % dengan kategori kurang dari kebutuhan. Asupan lemak rata-rata $14,44 \pm 7,91$ g, rata-rata sumbangan lemak $66,26 \pm 35,94$ % dengan kategori kurang dari kebutuhan. Asupan karbohidrat rata-rata $53,72 \pm 36,93$ g, rata-rata sumbangan karbohidrat $60,94 \pm 42,42$ % dengan kategori kurang dari kebutuhan. Sarapan pagi dianjurkan pukul 06.00-08.00 dan memenuhi 15 -30%.

Dianjurkan kepada mahasantri di pondok pesantren KH. Sahlan Rosjidi Unimus agar dapat menyempatkan sarapan di pagi hari untuk memenuhi kebutuhan gizinya di pagi hari.

Kata kunci : Sarapan pagi, Remaja Putri, Sumbangan Zat Gizi Makro