

## ABSTRAK

### KONSUMSI BAHAN MAKANAN HEWANI DAN SUMBANGAN LEMAK HEWANI PADA KECUKUPAN LEMAK HARIAN REMAJA SEKOLAH MENENGAH ATAS NEGERI 11 KOTA SEMARANG

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Remaja sering mengalami masalah gizi yang dikarenakan pola konsumsi makan yang salah, gizi lebih, obesitas, gizi kurang, KEK dan anemia. Penelitian ini bertujuan untuk mengetahui konsumsi bahan makanan hewani, dan sumbangan lemak hewani pada kecukupan lemak harian siswa SMAN 11 Semarang.

Penelitian deskriptif, dilakukan pada 90 siswa sebagai sampel yang dipilih secara simple random sampling, dari 432 anggota populasi. Data konsumsi bahan makanan hewani dan sumbangan lemak hewani terhadap kecukupan lemak harian diukur dengan metode *Semi Quantitatif Food Frequency Questioner*. Analisis dan pembahasan dilakukan dengan menggunakan hasil-hasil penelitian sejenis dan teori yang terkait.

Hasil penelitian menunjukkan rata-rata jenis bahan makanan hewani yang dikonsumsi remaja  $16 \pm 2,65$  jenis, terendah 10 jenis dan tertinggi 21 jenis. Rata – rata frekuensi konsumsi bahan makanan hewani siswa SMAN 11 Semarang  $108,26 \pm 39,2$  kali perbulan, terendah 36 Kali dan tertinggi 222 Kali. Rata-rata berat bahan makanan hewani yang dikonsumsi siswa  $238,8 \pm 105,1$  gram/hari, terendah 75,7 gran dan tertinggi 609,6 gram. Rata-rata sumbangan lemak hewani pada kecukupan lemak harian siswa adalah  $47,53 \pm 25,57$  %, AKG, Persentase sumbangan lemak hewani terendah 9% AKG dan tertinggi 153,7 % AKG. Secara umum dapat dikatakan konsumsi makanan hewani siswa SMAN 11 Semarang cukup baik.

**Kata Kunci** : Remaja, Bahan Makanan Hewani, Sumbangan Lemak Hewani

CONSUMPTION OF ANIMAL FOOD INGREDIENTS AND DONATION OF ANIMAL FAT IN THE ADEQUACY OF MIDDLE SCHOOL FATTING FATTERS ON THE COUNTRY OF 11 COUNTRIES, SEMARANG CITY

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Teenagers often experience nutritional problems due to incorrect eating patterns, such as over nutrition, obesity, malnutrition, KEK and anemia. This study aims to determine the consumption of animal food, and the contribution of animal fat to the daily fat adequacy of SMAN 11 Semarang students.

Descriptive research, conducted on 90 students as a sample chosen by simple random sampling, from 432 members of the population. Data on consumption of animal food ingredients and the contribution of animal fats to daily fat adequacy were measured by the Semi Quantitative Food Frequency Questioner method. Analysis and discussion are carried out using the results of similar studies and related theories.

The results showed the average of types of animal food consumed by adolescents is  $16 \pm 2.65$  species, the lowest is 10 types and the highest is 21 types. The average of frequency consumption of animal food for students of SMAN 11 Semarang is  $108.26 \pm 39.2$  times per month, the lowest is 36 times and the highest is 222 times. The average of weight of animal food consumed by students is  $238.8 \pm 105.1$  grams / day, the lowest is 75.7 gram and the highest is 609.6 grams. The average of contribution of animal fat to students' daily fat adequacy is  $47.53 \pm 25.57\%$ , RDA, the lowest is 9% RDA and the highest is 153.7% RDA. In general, it can be said that the consumption of animal foods at SMAN 11 Semarang is quite good.

**Keywords:** Animal Fat Donations , Animal Foodstuffs, Teenagers