

ABSTRAK

SYIFAA' ARDIYANTI SAFITRI. Pola Konsumsi Jajanan Anak Balita di Wilayah Kerja 9 Puskesmas Kota Pekanbaru (Data Sekunder: Survei Gizi dan Kesehatan pada Balita di Kota Pekanbaru, Provinsi Riau 2025). Dibimbing oleh ASLIS WIRDA HAYATI dan DEWI RAHAYU.

Masa balita merupakan periode emas pertumbuhan yang memerlukan pemenuhan gizi optimal. Konsumsi jajanan berpotensi memengaruhi kualitas asupan gizi harian balita, terutama di wilayah perkotaan seperti Kota Pekanbaru yang menghadapi masalah gizi kurang dan gizi lebih secara bersamaan. Penelitian ini bertujuan mengetahui pola konsumsi jajanan anak balita di wilayah kerja Sembilan Puskesmas Kota Pekanbaru, dilaksanakan pada November 2025–Mei 2026. Desain penelitian deskriptif kuantitatif dengan pendekatan cross sectional menggunakan data sekunder Survei Gizi dan Kesehatan pada Balita di Kota Pekanbaru yang dikumpulkan pada 13–17 Agustus 2025. Sampel berjumlah 147 balita usia 7–59 bulan dari 9 Puskesmas, dipilih dengan teknik purposive sampling. Data dikumpulkan melalui food recall 1×24 jam. Jenis jajanan dikategorikan menjadi makanan utama/berat, camilan/snack kemasan, minuman & produk susu/beku, serta jajanan tradisional/olahan. Hasil menunjukkan jenis jajanan paling banyak dikonsumsi adalah camilan/snack kemasan (78,23%), diikuti jajanan tradisional/olahan (10,20%), minuman & produk susu/beku (6,80%), dan makanan utama/berat (4,76%). Rata-rata konsumsi jajanan 62,27 gram/hari (median 45 gram), dengan 97,28% balita mengonsumsi 1–2 kali per hari. Dominasi camilan/snack kemasan berkategori makanan ultra-proses mengindikasikan potensi risiko ketidakseimbangan gizi pada balita perkotaan.

Kata kunci: balita, jajanan, pola konsumsi, snack kemasan, *food recall*

ABSTRACT

SYIFAA' ARDIYANTI SAFITRI. Snack Consumption Patterns of Toddlers in the Working Area of 9 Community Health Centers in Pekanbaru City (Secondary Data: Nutrition and Health Survey on Toddlers in Pekanbaru City, Riau Province 2025). Supervised by ASLIS WIRDA HAYATI and DEWI RAHAYU.

The toddler years are a golden period of growth requiring optimal nutrition. Snack consumption can affect the quality of toddlers' daily nutritional intake, especially in urban areas like Pekanbaru City, which faces both undernutrition and overnutrition simultaneously. This study aims to determine toddlers' snack consumption patterns in the working area of nine community health centers in Pekanbaru City, conducted from November 2025 to May 2026. A descriptive quantitative design with a cross-sectional approach was used, based on secondary data from the Nutrition and Health Survey on Toddlers in Pekanbaru City, collected on 13–17 August 2025. The sample consisted of 147 toddlers aged 7–59 months from 9 health centers, selected using purposive sampling. Data were collected using a 1×24 hour food recall. Snacks were categorized into main/heavy meals, packaged snacks, drinks & dairy/frozen products, and traditional/processed snacks. Results show packaged snacks were the most consumed type (78.23%), followed by traditional/processed snacks (10.20%), drinks & dairy/frozen products (6.80%), and main/heavy meals (4.76%). Average snack consumption was 62.27 grams/day (median 45 grams), with 97.28% of toddlers consuming snacks 1–2 times daily. The dominance of packaged snacks, categorized as ultra-processed foods, indicates a potential risk of nutritional imbalance among urban toddlers.

Keywords: toddlers, snacks, consumption patterns, packaged snacks, food recall