

ABSTRAK

HARAMAINI NAFSI. (Gambaran Sisa Makanan Biasa pada Pasien Rawat Inap di RSUD Lubuk Basung). Dibimbing oleh IRMA SUSAN PARAMITA dan ROZIANA.

Sisa makanan merupakan salah satu indikator pelayanan gizi rumah sakit yang mencerminkan tingkat penerimaan pasien terhadap makanan yang disajikan. Penelitian ini bertujuan mengetahui gambaran sisa makanan biasa pada pasien rawat inap di RSUD Lubuk Basung berdasarkan komponen makanan. Penelitian menggunakan desain deskriptif dengan pendekatan *cross-sectional*. Sampel berjumlah 28 pasien yang memenuhi kriteria penelitian dan diambil dengan teknik *total sampling*. Sisa makanan diukur menggunakan metode *food weighing* pada makanan pokok, lauk hewani, lauk nabati, sayur, dan buah. Data dianalisis secara univariat dan disajikan dalam bentuk frekuensi dan persentase. Hasil menunjukkan kategori sisa sedikit ($\leq 20\%$) pada makanan pokok sebanyak 22 pasien (78,6%), lauk hewani 26 pasien (92,9%), lauk nabati 27 pasien (96,4%), sayur 24 pasien (85,7%), dan buah 28 pasien (100%). Kategori sisa banyak ($> 20\%$) ditemukan pada makanan pokok 6 pasien (21,4%), lauk hewani 2 pasien (7,1%), lauk nabati 1 pasien (3,6%), dan sayur 4 pasien (14,3%), sedangkan buah 0%. Disimpulkan bahwa sebagian besar responden memiliki sisa makanan kategori sedikit, dengan proporsi sisa banyak tertinggi pada makanan pokok.

Kata Kunci: sisa makanan, makanan biasa, pasien rawat inap, *food weighing*, rumah sakit

ABSTRACT

HARAMAINI NAFSI. (Description of Regular Food Waste Among Inpatients at Lubuk Basung Regional General Hospital). Supervised by IRMA SUSAN PARAMITA dan ROZIANA.

Food waste is an indicator of hospital nutrition services that reflects patients' acceptance of the meals provided. This study aimed to describe regular food waste among inpatients at Lubuk Basung Regional General Hospital based on food components. A descriptive *cross-sectional* design was used. The sample consisted of 28 patients who met the study criteria and were selected using *total sampling*. Food waste was measured using the *food weighing* method for staple foods, animal-based side dishes, plant-based side dishes, vegetables, and fruits. Data were analyzed univariately and presented as frequencies and percentages. Low food waste ($\leq 20\%$) was found in 22 patients (78.6%) for staple foods, 26 patients (92.9%) for animal-based side dishes, 27 patients (96.4%) for plant-based side dishes, 24 patients (85.7%) for vegetables, and 28 patients (100%) for fruits. High food waste ($>20\%$) was found in 6 patients (21.4%) for staple foods, 2 patients (7.1%) for animal-based side dishes, 1 patient (3.6%) for plant-based side dishes, and 4 patients (14.3%) for vegetables, while no patient had high fruit waste. In conclusion, most respondents had low food waste, with the highest proportion of high food waste found in staple foods.

Keywords: food waste, regular diet, inpatients, food weighing, hospital