

ABSTRAK

Azizah Rezeki Mahbengi. Gambaran Porsi Makanan dan Status Gizi Balita Usia 24-59 Bulan di Wilayah Kota Pekanbaru. Dibimbing oleh YESSI MARLINA dan SRI MULYANI.

Balita usia 24–59 bulan merupakan kelompok usia kritis yang rentan terhadap masalah gizi. Pola makan yang tidak sesuai dengan pedoman Isi Piringku dapat menyebabkan status gizi suboptimal, termasuk stunting dan underweight. Penelitian ini bertujuan untuk menggambarkan porsi makanan dan status gizi balita di Kota Pekanbaru. Metode: Penelitian deskriptif dengan data sekunder dari Perencanaan Program Gizi (PPG) 2025. Sampel meliputi 224 balita usia 24–59 bulan di Kota Pekanbaru. Data porsi makanan dianalisis menggunakan food recall satu waktu makan (makan siang) dan dibandingkan dengan pedoman Isi Piringku, sedangkan status gizi dinilai menggunakan indeks antropometri BB/U dan TB/U. Hasil: Seluruh responden (100%, n=224) memiliki porsi makanan yang tidak sesuai secara keseluruhan dengan pedoman Isi Piringku. Berdasarkan komponen makanan, 76,8% balita mengonsumsi makanan pokok sesuai anjuran dan 78,1% mengonsumsi lauk hewani sesuai anjuran, sedangkan konsumsi lauk nabati, sayuran, dan buah masih sangat rendah, yaitu berturut-turut hanya 8%, 7,1%, dan 10,7% balita yang sesuai anjuran Isi Piringku. Berdasarkan BB/U, 75,4% balita memiliki status gizi normal, 15,6% dengan berat badan kurang, 3,6% dengan berat badan sangat kurang, dan 5,4% berisiko berat badan lebih. Berdasarkan TB/U, 74,6% memiliki status gizi normal, 16,1% pendek dan 6,3% sangat pendek. Kesimpulan: Terdapat kesenjangan yang luas antara praktik pemberian makan balita di lapangan dengan pedoman gizi resmi, terutama pada komponen lauk nabati, sayuran, dan buah yang konsumsinya masih jauh di bawah anjuran. Kondisi ini berpotensi menyebabkan defisiensi mikronutrien dan pertumbuhan linier yang terhambat. Diperlukan intervensi gizi dan edukasi yang intensif untuk meningkatkan kesesuaian porsi makanan dan mencegah masalah gizi pada balita.

Kata kunci: porsi makanan, isi piringku, status gizi, balita

ABSTRACT

Azizah Rezeki Mahbengi. Overview of Food Portions and Nutritional Status of Toddlers Aged 24-59 Months in Pekanbaru City. Supervised by YESSI MARLINA and SRI MULYANI.

Toddlers aged 24–59 months are a critical age group vulnerable to nutritional problems. Dietary patterns that do not align with the “Isi Piringku” guidelines can lead to suboptimal nutritional status, including stunting and underweight. This study aims to describe the food portions and nutritional status of toddlers in Pekanbaru City. Method: A descriptive study using secondary data from the 2025 Nutrition Program Plan (PPG). The sample consisted of 224 toddlers aged 24–59 months in Pekanbaru City. Food portion data were analyzed using a single-meal food recall (lunch) and compared with the “Isi Piringku” guidelines, while nutritional status was assessed using the anthropometric indices of weight-for-age (WFA) and height-for-age (HFA). Results: All respondents (100%, $n = 224$) had food portions that were generally inconsistent with the “Isi Piringku” guidelines. Based on food components, 76.8% of toddlers consumed staple foods as recommended and 78.1% consumed animal-based side dishes as recommended, whereas consumption of plant-based side dishes, vegetables, and fruits remained very low only 8%, 7.1%, and 10.7% of toddlers, respectively, met the “Isi Piringku” guidelines. Based on weight-for-age (WFA), 75.4% of toddlers had a normal nutritional status, 15.6% were underweight, 3.6% were severely underweight, and 5.4% were at risk of being overweight. Based on height-for-age (HAZ), 74.6% have a normal nutritional status, 16.1% are short, and 6.3% are severely short. Conclusion: There is a wide gap between actual toddler feeding practices in the field and official nutritional guidelines, particularly regarding plant-based protein, vegetables, and fruits, whose consumption remains far below recommendations. This situation has the potential to cause micronutrient deficiencies and stunted linear growth. Intensive nutritional interventions and education are needed to improve the appropriateness of meal portions and prevent nutritional problems in toddlers.

Keywords: food portion, isi piringku (my plate), nutritional status, toddlers