

## ABSTRAK

DINDA KARUNIA GITA PERTIWI. Gambaran Sisa Makanan Pasien di Ruang Rawat Inap Dang Merdu RSUD Petala Bumi. Dibimbing oleh Roziana, SST, M.Gizi dan Yessi Marlina, S.Gz, MPH, Dietisien

Sisa makanan merupakan salah satu indikator penerimaan makanan dan mutu pelayanan gizi rumah sakit. Penelitian deskriptif dengan pendekatan cross sectional ini bertujuan menggambarkan sisa makanan pada 45 pasien penyakit dalam di Ruang Rawat Inap Dang Merdu RSUD Petala Bumi yang dipilih secara accidental sampling. Sisa makanan dinilai menggunakan metode Visual Comstock skala 6 poin pada makanan pokok, lauk hewani, lauk nabati, sayur, dan buah pada tiga waktu makan. Hasil dikategorikan rendah ( $\leq 20\%$ ) dan tinggi ( $> 20\%$ ) sesuai Kepmenkes No. 129/Menkes/SK/II/2008. Hasil penelitian menunjukkan sebagian besar pasien memiliki sisa makanan kategori rendah. Buah memiliki proporsi sisa rendah tertinggi (95,56%), sedangkan makanan pokok memiliki proporsi sisa tinggi terbesar (35,56%), diikuti lauk nabati (31,11%). Berdasarkan waktu makan, sisa makanan bervariasi antar komponen, dengan peningkatan sisa lauk nabati dan sayur terutama pada siang hingga malam hari. Diet dengan pembatasan lebih kompleks cenderung menunjukkan sisa makanan lebih tinggi. Secara umum, sisa makanan pasien masih didominasi kategori rendah, namun makanan pokok, lauk nabati, dan waktu makan tertentu perlu mendapat perhatian.

**Kata Kunci:** sisa makanan, daya terima makanan, pasien rawat inap, rumah sakit

## ABSTRACT

DINDA KARUNIA GITA PERTIWI. *Description of plate waste patient food in the Inpatient Ward Dang Merdu at Petala Bumi Regional Hospital. Dibimbing oleh Roziana, SST, M.Gizi dan Yessi Marlina, S.Gz, MPH, Dietisien*

Plate waste is an indicator of food acceptance and the quality of hospital nutrition services. This descriptive cross-sectional study aimed to describe plate waste among 45 internal medicine patients in the Dang Merdu Inpatient Ward of Petala Bumi Regional Hospital, selected by accidental sampling. Plate waste was assessed using the six-point Visual Comstock method for staple foods, animal protein, vegetable protein, vegetables, and fruit at three meal times. Results were categorized as low ( $\leq 20\%$ ) or high ( $> 20\%$ ) according to Ministry of Health Decree No. 129/Menkes/SK/II/2008. Most patients had low plate waste. Fruit had the highest proportion of low waste (95.56%), while staple food had the highest proportion of high waste (35.56%), followed by vegetable protein (31.11%). Plate waste varied by meal time, with higher waste for vegetable protein and vegetables from lunch to dinner. More restrictive diets also tended to have higher plate waste. Overall, plate waste was mostly low, although staple food, vegetable protein, and certain meal times require attention.

**Keywords:** *plate waste, food acceptability, inpatients, hospital nutrition service*