

ABSTRAK

DESYKA SAPUTRI. Gambaran Kesesuaian Menu Harian Lansia Dengan Prinsip gizi Lansia di Panti Khusnul Khotimah Provinsi Riau. Dibimbing oleh Roziana, SST, M.Gizi dan Nur Kholis, M.Pd

Lansia merupakan kelompok yang membutuhkan perhatian dalam pemenuhan gizi karena mengalami perubahan fisiologis yang dapat memengaruhi kebutuhan dan kemampuan dalam mengonsumsi makanan. Penelitian ini bertujuan untuk mengetahui gambaran kesesuaian menu harian lansia dengan prinsip gizi lansia di Panti Sosial Khusnul Khotimah Pekanbaru. Penelitian menggunakan metode deskriptif observasional dengan objek berupa siklus menu selama tujuh hari atau 21 kali penyajian. Data dikumpulkan melalui observasi menggunakan lembar checklist dan analisis kandungan zat gizi menu. Hasil penelitian menunjukkan bahwa kesesuaian menu harian secara keseluruhan sebesar 80,5%. Keragaman makanan memperoleh persentase kesesuaian sebesar 71,4%, sedangkan konsumsi sayur dan buah sebesar 66,7%. Berdasarkan analisis kandungan zat gizi, rata-rata penyediaan energi sebesar 50,6%, karbohidrat 43,5%, protein 87,1%, dan lemak 49,8% dari nilai acuan. Rata-rata kandungan natrium sebesar 1.614 mg per hari atau 80,7% dari batas 2.000 mg per hari, dengan nilai tertinggi pada hari Sabtu sebesar 95%. Hasil penelitian menunjukkan bahwa menu telah memiliki sumber protein dan kelompok makanan yang cukup beragam, namun masih diperlukan perbaikan pada kecukupan energi dan karbohidrat, pemerataan lauk nabati dan buah, pengendalian natrium, serta penyesuaian tekstur makanan sesuai kondisi lansia. Disimpulkan bahwa menu harian secara umum telah sesuai dengan prinsip gizi lansia, tetapi masih memerlukan modifikasi pada beberapa aspek.

Kata Kunci : Lansia, Menu Harian, Prinsip Gizi Lansia, Panti Lansia, Kesesuaian Menu

ABSTRACT

DESYKA SAPUTRI. An Overview of the Suitability of the Elderly's Daily Menu with Elderly Nutrition Principles at Khusnul Khotimah Nursing Home, Riau Province. Supervised by Roziana, SST, M.Gizi and Nur Kholis, M.Pd.

Older adults are a group that requires special attention to nutritional adequacy due to physiological changes that may affect their nutritional needs and ability to consume food. This study aimed to determine the suitability of daily menus for older adults based on the principles of elderly nutrition at Khusnul Khotimah Social Institution, Pekanbaru. This study used a descriptive observational method with a seven-day menu cycle consisting of 21 meal occasions as the research object. Data were collected through observation using a checklist and analysis of the nutritional content of the menus. The results showed that the overall suitability of the daily menu was 80.5%. Food variety achieved a suitability percentage with the highest value occurring on Saturday at 95%. The results indicate that the menu provided relatively adequate protein sources and a variety of food groups; however, improvements are still needed in energy and carbohydrate adequacy, distribution of plant-based protein and fruits, sodium control, and adjustment of food texture according to the condition of older adults. It can be concluded that the daily menu was generally in accordance with the principles of elderly nutrition but still requires modification in several aspects.

Keywords : *Elderly, Daily Menu, Elderly Nutrition Principles, Nursing Home, Menu Suitability*