

# Perbedaan asupan energi zat gizi dan porsi makanan antar kelompok kategori kualitas pola makan pada siswa SDN Pondok Cina 03 Depok tahun 2015 = The Differences in associated factors between overall diet quality categories among students at SDN Pondok Cina 03 Depok 2015

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## Abstrak

Penelitian ini bertujuan untuk mengukur kualitas pola makan anak usia sekolah di SDN Pondok Cina 03 Depok dan perbedaan faktor-faktor yang berhubungan dengan kualitas pola makan. Penelitian ini menggunakan desain studi cross sectional. Kualitas pola makan diukur menggunakan modifikasi the Healthy Eating Index dengan rentang skor 0-100. Pengukuran asupan menggunakan 3x24 Hour Food Recall dan Status Gizi (IMT/U) dengan mengukur berat badan menggunakan timbangan digital dan tinggi badan menggunakan microtoice. Hasil penelitian menunjukkan lebih separoh responden (62.55%) memiliki kualitas pola makan kurang (skor HEI 51-80) dan 37.5% memiliki kualitas pola makan buruk (skor HEI <51). Rata-rata kualitas pola makan adalah  $51.67 \pm 1.04$ . Terdapat perbedaan yang signifikan pada asupan energi, karbohidrat, lemak, lemak jenuh, porsi makanan pokok, lauk hewani, sayur, buah dan susu antar kelompok kualitas pola makan. Tidak terdapat perbedaan signifikan pada jenis kelamin, asupan protein, konsumsi nabati dan status gizi antar kelompok kualitas pola makan. Dapat disimpulkan bahwa kualitas pola makan siswa SDN Pondok Cina berkualitas kurang. Kualitas pola makan dapat diperbaiki dengan meningkatkan konsumsi makanan pokok, lauk hewani, sayur, buah dan susu. Disarankan kepada pihak sekolah untuk mengedukasi, mengawasi dan menyediakan kantin sehat. Kepada pihak orang tua untuk menyediakan makanan dan minuman sehat guna membentuk kualitas pola makan yang sehat.

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The background of this study is to assess the overall diet quality among students at SDN Pondok Cina 03 Depok and to find the differences in associated factors between its category groups. The design of this study was cross sectional. Diet quality was assessed using the modification of healthy eating index. Dietary data was obtained using 3 days 24 hour food recall and nutritional status was measured by a digital scale and microtoice to get weight and height measurement. The results was more than half of participants (62.5%) had diet that “needs improvement” (HEI score 51-80) and others (32.7%) had diet that “poor” (HEI Score <51). The overall mean score of diet quality in this study was  $51.67 \pm 1.04$ . Moreover, the overall diet quality categories were significantly differences in intake of energy, carbohydrate, total fat and saturated fat, and serving size of grains, meat, vegetables, fruits, and milks. On the other hand there were no significant differences in intake of protein and serving size of beans between the groups. In conclusion, overall diet quality among fourth and fifth grade students was found to have diet that “needs improvement”. Increasing intake of grains, vegetables and fruits could improve the quality of overall diet. It is important for the school to monitor, educate, and provide healthy foods and drinks. Also for the parents to provide their children healthy foods and drinks at home so they can achieve the best quality on their overall diet.