

LAMPIRAN 1

TABEL ANALISIS BIVARIAT

UMUR

Crosstab

| | | | OBESITAS | | Total |
|-------------|--------------------------------|----------------------|------------------------------------|------------------------------------|------------------------------------|
| | | | Ya (≥ 25 kg/m ²) | Tidak (< 25 kg/m ²) | Ya (≥ 25 kg/m ²) |
| UMUR_06_kat | Berisiko (>40 th) | Count | 158 | 140 | 298 |
| | | % within UMUR_06_kat | 53,0% | 47,0% | 100,0% |
| | Tidak Berisiko (≤ 40 th) | Count | 29 | 49 | 78 |
| | | % within UMUR_06_kat | 37,2% | 62,8% | 100,0% |
| Total | | Count | 187 | 189 | 376 |
| | | % within UMUR_06_kat | 49,7% | 50,3% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 6,205(b) | 1 | ,013 | | |
| Continuity Correction(a) | 5,588 | 1 | ,018 | | |
| Likelihood Ratio | 6,263 | 1 | ,012 | | |
| Fisher's Exact Test | | | | ,015 | ,009 |
| Linear-by-Linear Association | 6,188 | 1 | ,013 | | |
| N of Valid Cases | 376 | | | | |

a Computed only for a 2x2 table

b 0 cells (.0%) have expected count less than 5. The minimum expected count is 38,79.

Risk Estimate

| | Value | 95% Confidence Interval | |
|--|-------|-------------------------|-------|
| | Lower | Upper | Lower |
| Odds Ratio for UMUR_06_kat (Berisiko (>40 th) / Tidak Berisiko (≤ 40 th)) | 1,907 | 1,142 | 3,183 |
| For cohort OBESITAS = Ya (≥ 25 kg/m ²) | 1,426 | 1,048 | 1,940 |
| For cohort OBESITAS = Tidak (< 25 kg/m ²) | ,748 | ,607 | ,922 |
| N of Valid Cases | 376 | | |

TINGKAT PENDIDIKAN

Crosstab

| | | | OBESITAS | | Total |
|-------------|----------------------|----------------------|------------------------------------|------------------------------------|------------------------------------|
| | | | Ya (≥ 25 kg/m ²) | Tidak (< 25 kg/m ²) | Ya (≥ 25 kg/m ²) |
| didik_d_kat | Tinggi (\geq SMA) | Count | 178 | 166 | 344 |
| | | % within didik_d_kat | 51,7% | 48,3% | 100,0% |
| | Rendah ($<$ SMA) | Count | 9 | 25 | 34 |
| | | % within didik_d_kat | 26,5% | 73,5% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within didik_d_kat | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 7,907(b) | 1 | ,005 | | |
| Continuity Correction(a) | 6,928 | 1 | ,008 | | |
| Likelihood Ratio | 8,212 | 1 | ,004 | | |
| Fisher's Exact Test | | | | ,006 | ,004 |
| Linear-by-Linear Association | 7,886 | 1 | ,005 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (.0%) have expected count less than 5. The minimum expected count is 16,82.

Risk Estimate

| | Value | 95% Confidence Interval | |
|--|-------|-------------------------|-------|
| | Lower | Upper | Lower |
| Odds Ratio for didik_d_kat (Tinggi (≥SMA) / Rendah (<SMA)) | 2,979 | 1,351 | 6,568 |
| For cohort OBESITAS = Ya (≥25 kg/m2) | 1,955 | 1,106 | 3,455 |
| For cohort OBESITAS = Tidak (<25 kg/m2) | ,656 | ,522 | ,826 |
| N of Valid Cases | 378 | | |

STATUS PEGAWAI

staf_2 * OBESITAS Crosstabulation

| | | | OBESITAS | | Total |
|----------|----------|-----------------|----------------|-------------------|----------------|
| | | | Ya (≥25 kg/m2) | Tidak (<25 kg/m2) | Ya (≥25 kg/m2) |
| Staf_2 | Staf | Count | 132 | 107 | 239 |
| | | % within staf_2 | 55,2% | 44,8% | 100,0% |
| Non Staf | Non Staf | Count | 55 | 84 | 139 |
| | | % within staf_2 | 39,6% | 60,4% | 100,0% |
| Total | Total | Count | 187 | 191 | 378 |
| | | % within staf_2 | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 8,624(b) | 1 | ,003 | | |
| Continuity Correction(a) | 8,009 | 1 | ,005 | | |
| Likelihood Ratio | 8,673 | 1 | ,003 | | |
| Fisher's Exact Test | | | | ,004 | ,002 |
| Linear-by-Linear Association | 8,601 | 1 | ,003 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (.0%) have expected count less than 5. The minimum expected count is 68,76.

Risk Estimate

| | Value | 95% Confidence Interval | |
|---|-------|-------------------------|-------|
| | Lower | Upper | Lower |
| Odds Ratio for staf_2 (Staf / Non Staf) | 1,884 | 1,232 | 2,882 |
| For cohort OBESITAS = Ya (>=25 kg/m2) | 1,396 | 1,103 | 1,766 |
| For cohort OBESITAS = Tidak (<25 kg/m2) | ,741 | ,610 | ,900 |
| N of Valid Cases | 378 | | |

PENGETAHUAN GIZI dan KESEHATAN

Crosstab

| | | | OBESITAS | | Total |
|------------|------------|---------------------|-----------------|-------------------|-----------------|
| | | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) |
| Penget_kat | Baik | Count | 75 | 71 | 146 |
| | | % within Penget_kat | 51,4% | 48,6% | 100,0% |
| | Cukup Baik | Count | 112 | 120 | 232 |
| | | % within Penget_kat | 48,3% | 51,7% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within Penget_kat | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|---------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | ,343(b) | 1 | ,558 | | |
| Continuity Correction(a) | ,231 | 1 | ,631 | | |
| Likelihood Ratio | ,343 | 1 | ,558 | | |
| Fisher's Exact Test | | | | ,598 | ,316 |
| Linear-by-Linear Association | ,342 | 1 | ,559 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (,0%) have expected count less than 5. The minimum expected count is 72,23.

KEBIASAAN OLAHRAGA

Crosstab

| | | | OBESITAS | | Total |
|-------------|-------------|----------------------|-----------------|-------------------|-----------------|
| | | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) |
| rutin_d_kat | Tidak Rutin | Count | 135 | 147 | 282 |
| | | % within rutin_d_kat | 47,9% | 52,1% | 100,0% |
| | Rutin | Count | 52 | 44 | 96 |
| | | % within rutin_d_kat | 54,2% | 45,8% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within rutin_d_kat | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 1,135(b) | 1 | ,287 | | |
| Continuity Correction(a) | ,897 | 1 | ,344 | | |
| Likelihood Ratio | 1,136 | 1 | ,287 | | |
| Fisher's Exact Test | | | | ,291 | ,172 |
| Linear-by-Linear Association | 1,132 | 1 | ,287 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (,0%) have expected count less than 5. The minimum expected count is 47,49.

KEBIASAAN MEROKOK

Crosstab

rokok_d_2kat * OBESITAS Crosstabulation

| | | OBESITAS | | Total | |
|--------------|---------------|-----------------------|-------------------|-----------------|--------|
| | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) | |
| rokok_d_2kat | Tidak Merokok | Count | 119 | 112 | 231 |
| | | % within rokok_d_2kat | 51,5% | 48,5% | 100,0% |
| Merokok | | Count | 68 | 79 | 147 |
| | | % within rokok_d_2kat | 46,3% | 53,7% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within rokok_d_2kat | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|---------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | ,993(b) | 1 | ,319 | | |
| Continuity Correction(a) | ,794 | 1 | ,373 | | |
| Likelihood Ratio | ,994 | 1 | ,319 | | |
| Fisher's Exact Test | | | | ,343 | ,186 |
| Linear-by-Linear Association | ,990 | 1 | ,320 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (,0%) have expected count less than 5. The minimum expected count is 72,72.

ASUPAN ENERGI TOTAL

Crosstab

| | | OBESITAS | | Total | |
|------------------------|-----------------------|------------------|-------------------|-----------------|--------|
| | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) | |
| E_d_kat | Lebih (>2550 kkal/hr) | Count | 38 | 23 | 61 |
| | | % within E_d_kat | 62,3% | 37,7% | 100,0% |
| Cukup (<=2550 kkal/hr) | | Count | 149 | 168 | 317 |
| | | % within E_d_kat | 47,0% | 53,0% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within E_d_kat | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 4,786(b) | 1 | ,029 | | |
| Continuity Correction(a) | 4,193 | 1 | ,041 | | |
| Likelihood Ratio | 4,824 | 1 | ,028 | | |
| Fisher's Exact Test | | | | ,036 | ,020 |
| Linear-by-Linear Association | 4,773 | 1 | ,029 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (,0%) have expected count less than 5. The minimum expected count is 30,18.

Risk Estimate

| | Value | 95% Confidence Interval | |
|---|-------|-------------------------|-------|
| | Lower | Upper | Lower |
| Odds Ratio for E_d_kat (Lebih (>2550 kkal/hr) / Cukup (<=2550 kkal/hr)) | 1,863 | 1,061 | 3,270 |
| For cohort OBESITAS = Ya (>=25 kg/m2) | 1,325 | 1,056 | 1,664 |
| For cohort OBESITAS = Tidak (<25 kg/m2) | ,711 | ,507 | ,998 |
| N of Valid Cases | 378 | | |

ASUPAN KARBOHIDRAT

kh_d_9sen_55 * OBESITAS Crosstabulation

| | | | OBESITAS | | Total |
|--------------|----------------------------|-----------------------|-----------------|-------------------|-----------------|
| | | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) |
| kh_d_9sen_55 | lebih (>55% energi total) | Count | 80 | 61 | 141 |
| | | % within kh_d_9sen_55 | 56,7% | 43,3% | 100,0% |
| | Cukup (<=55% energi total) | Count | 107 | 130 | 237 |
| | | % within kh_d_9sen_55 | 45,1% | 54,9% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within kh_d_9sen_55 | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 4,751(b) | 1 | ,029 | | |
| Continuity Correction(a) | 4,298 | 1 | ,038 | | |
| Likelihood Ratio | 4,761 | 1 | ,029 | | |
| Fisher's Exact Test | | | | ,033 | ,019 |
| Linear-by-Linear Association | 4,738 | 1 | ,030 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (,0%) have expected count less than 5. The minimum expected count is 69,75.

Risk Estimate

| | Value | 95% Confidence Interval | |
|--|-------|-------------------------|-------|
| | Lower | Upper | Lower |
| Odds Ratio for kh_d_9sen_55 (lebih (>55% energi total) / Cukup (<=55% energi total)) | 1,593 | 1,047 | 2,425 |
| For cohort OBESITAS = Ya (>=25 kg/m2) | 1,257 | 1,028 | 1,537 |
| For cohort OBESITAS = Tidak (<25 kg/m2) | ,789 | ,632 | ,984 |
| N of Valid Cases | 378 | | |

ASUPAN PROTEIN

Crosstab

| | | | OBESITAS | | Total |
|---------------|--------------------|------------------------|-----------------|-------------------|-----------------|
| | | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) |
| protein_d_AKG | Lebih (>60 gr/hr) | Count | 43 | 38 | 81 |
| | | % within protein_d_AKG | 53,1% | 46,9% | 100,0% |
| | Cukup (<=60 gr/hr) | Count | 144 | 153 | 297 |
| | | % within protein_d_AKG | 48,5% | 51,5% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within protein_d_AKG | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|---------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | ,539(b) | 1 | ,463 | | |
| Continuity Correction(a) | ,371 | 1 | ,543 | | |
| Likelihood Ratio | ,539 | 1 | ,463 | | |
| Fisher's Exact Test | | | | ,531 | ,271 |
| Linear-by-Linear Association | ,538 | 1 | ,463 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (.0%) have expected count less than 5. The minimum expected count is 40,07.

ASUPAN LEMAK

Crosstab

| | | | OBESITAS | | Total |
|--------------|----------------------------|-----------------------|-----------------|-------------------|-----------------|
| | | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) |
| L_d_9sen_AKG | Lebih (>25% energi total) | Count | 150 | 158 | 308 |
| | | % within L_d_9sen_AKG | 48,7% | 51,3% | 100,0% |
| | Cukup (<=25% energi total) | Count | 37 | 33 | 70 |
| | | % within L_d_9sen_AKG | 52,9% | 47,1% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within L_d_9sen_AKG | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|---------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | ,394(b) | 1 | ,530 | | |
| Continuity Correction(a) | ,245 | 1 | ,620 | | |
| Likelihood Ratio | ,394 | 1 | ,530 | | |
| Fisher's Exact Test | | | | ,597 | ,310 |
| Linear-by-Linear Association | ,393 | 1 | ,531 | | |
| N of Valid Cases | 378 | | | | |

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 34,63.

ASUPAN SAFA

Crosstab

| | | | OBESITAS | | Total |
|----------|----------------------------|-------------------|------------------------------|--------------------------------|------------------------------|
| | | | Ya (>=25 kg/m ²) | Tidak (<25 kg/m ²) | Ya (>=25 kg/m ²) |
| SAFA_kat | Lebih (>=10% energi total) | Count | 163 | 166 | 329 |
| | | % within SAFA_kat | 49,5% | 50,5% | 100,0% |
| | Cukup (<10% energi total) | Count | 24 | 25 | 49 |
| | | % within SAFA_kat | 49,0% | 51,0% | 100,0% |
| Total | Count | 187 | 191 | 378 | |
| | % within SAFA_kat | 49,5% | 50,5% | 100,0% | |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|---------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | ,005(b) | 1 | ,941 | | |
| Continuity Correction(a) | ,000 | 1 | 1,000 | | |
| Likelihood Ratio | ,005 | 1 | ,941 | | |
| Fisher's Exact Test | | | | 1,000 | ,532 |
| Linear-by-Linear Association | ,005 | 1 | ,941 | | |
| N of Valid Cases | 378 | | | | |

a. Computed only for a 2x2 table

b. 0 cells (.0%) have expected count less than 5. The minimum expected count is 24,24.

ASUPAN MUFA

Crosstab

| | | | OBESITAS | | Total |
|----------|----------------------------|-------------------|------------------------------|--------------------------------|------------------------------|
| | | | Ya (>=25 kg/m ²) | Tidak (<25 kg/m ²) | Ya (>=25 kg/m ²) |
| MUFA_kat | Lebih (>15% energi total) | Count | 6 | 4 | 10 |
| | | % within MUFA_kat | 60,0% | 40,0% | 100,0% |
| | Cukup (<=15% energi total) | Count | 181 | 187 | 368 |
| | | % within MUFA_kat | 49,2% | 50,8% | 100,0% |
| Total | Count | 187 | 191 | 378 | |
| | % within MUFA_kat | 49,5% | 50,5% | 100,0% | |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|---------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | ,456(b) | 1 | ,500 | | |
| Continuity Correction(a) | ,126 | 1 | ,723 | | |
| Likelihood Ratio | ,458 | 1 | ,498 | | |
| Fisher's Exact Test | | | | ,540 | ,362 |
| Linear-by-Linear Association | ,454 | 1 | ,500 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 1 cells (25,0%) have expected count less than 5. The minimum expected count is 4,95.

ASUPAN PUFA

Crosstab

| | | | OBESITAS | | Total |
|----------|----------------------------|-------------------|------------------------------|--------------------------------|------------------------------|
| | | | Ya (>=25 kg/m ²) | Tidak (<25 kg/m ²) | Ya (>=25 kg/m ²) |
| PUFA_kat | Lebih (>10% energi total) | Count | 24 | 36 | 60 |
| | | % within PUFA_kat | 40,0% | 60,0% | 100,0% |
| | Cukup (<=10% energi total) | Count | 163 | 155 | 318 |
| | | % within PUFA_kat | 51,3% | 48,7% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within PUFA_kat | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 2,559(b) | 1 | ,110 | | |
| Continuity Correction(a) | 2,129 | 1 | ,145 | | |
| Likelihood Ratio | 2,575 | 1 | ,109 | | |
| Fisher's Exact Test | | | | ,123 | ,072 |
| Linear-by-Linear Association | 2,552 | 1 | ,110 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (,0%) have expected count less than 5. The minimum expected count is 29,68.

ASUPAN KOLESTEROL

Crosstab

| | | | OBESITAS | | Total |
|----------------|--------------------|-------------------------|------------------------------|--------------------------------|------------------------------|
| | | | Ya (>=25 kg/m ²) | Tidak (<25 kg/m ²) | Ya (>=25 kg/m ²) |
| Kolesterol_kat | Lebih (>=300mg/hr) | Count | 87 | 98 | 185 |
| | | % within Kolesterol_kat | 47,0% | 53,0% | 100,0% |
| | Cukup (<300mg/hr) | Count | 100 | 93 | 193 |
| | | % within Kolesterol_kat | 51,8% | 48,2% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within Kolesterol_kat | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|---------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | ,866(b) | 1 | ,352 | | |
| Continuity Correction(a) | ,685 | 1 | ,408 | | |
| Likelihood Ratio | ,866 | 1 | ,352 | | |
| Fisher's Exact Test | | | | ,357 | ,204 |
| Linear-by-Linear Association | ,863 | 1 | ,353 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (,0%) have expected count less than 5. The minimum expected count is 91,52.

ASUPAN VITAMIN C

vitC_akg90 * OBESITAS Crosstabulation

| | | | OBESITAS | | Total |
|------------|---------------------|---------------------|-----------------|-------------------|-----------------|
| | | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) |
| vitC_akg90 | Kurang (<90mg/hari) | Count | 80 | 95 | 175 |
| | | % within vitC_akg90 | 45,7% | 54,3% | 100,0% |
| | Cukup (>=90mg/hari) | Count | 107 | 96 | 203 |
| | | % within vitC_akg90 | 52,7% | 47,3% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within vitC_akg90 | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 1,840(b) | 1 | ,175 | | |
| Continuity Correction(a) | 1,570 | 1 | ,210 | | |
| Likelihood Ratio | 1,841 | 1 | ,175 | | |
| Fisher's Exact Test | | | | ,182 | ,105 |
| Linear-by-Linear Association | 1,835 | 1 | ,176 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (,0%) have expected count less than 5. The minimum expected count is 86,57.

ASUPAN VITAMIN E

vitE_akg15 * OBESITAS Crosstabulation

| | | | OBESITAS | | Total |
|------------|----------------------|---------------------|-----------------|-------------------|-----------------|
| | | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) |
| vitE_akg15 | Kurang (<15 mg/hari) | Count | 178 | 188 | 366 |
| | | % within vitE_akg15 | 48,6% | 51,4% | 100,0% |
| | Cukup (>=15mg/hari) | Count | 9 | 3 | 12 |
| | | % within vitE_akg15 | 75,0% | 25,0% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within vitE_akg15 | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 3,231(b) | 1 | ,072 | | |
| Continuity Correction(a) | 2,263 | 1 | ,133 | | |
| Likelihood Ratio | 3,370 | 1 | ,066 | | |
| Fisher's Exact Test | | | | ,084 | ,065 |
| Linear-by-Linear Association | 3,223 | 1 | ,073 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (.0%) have expected count less than 5. The minimum expected count is 5,94.

ASUPAN SERAT

serat_20gr

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------------|-----------|---------|---------------|--------------------|
| Valid Kurang (<20gr/hr) | 331 | 87,6 | 87,6 | 87,6 |
| Cukup (>=20 gr/hr) | 47 | 12,4 | 12,4 | 100,0 |
| Total | 378 | 100,0 | 100,0 | |

serat_20gr * OBESITAS Crosstabulation

| | | | OBESITAS | | Total |
|------------|--------------------|---------------------|-----------------|-------------------|-----------------|
| | | | Ya (>=25 kg/m2) | Tidak (<25 kg/m2) | Ya (>=25 kg/m2) |
| serat_20gr | Kurang (<20gr/hr) | Count | 155 | 176 | 331 |
| | | % within serat_20gr | 46,8% | 53,2% | 100,0% |
| | Cukup (>=20 gr/hr) | Count | 32 | 15 | 47 |
| | | % within serat_20gr | 68,1% | 31,9% | 100,0% |
| Total | | Count | 187 | 191 | 378 |
| | | % within serat_20gr | 49,5% | 50,5% | 100,0% |

Chi-Square Tests

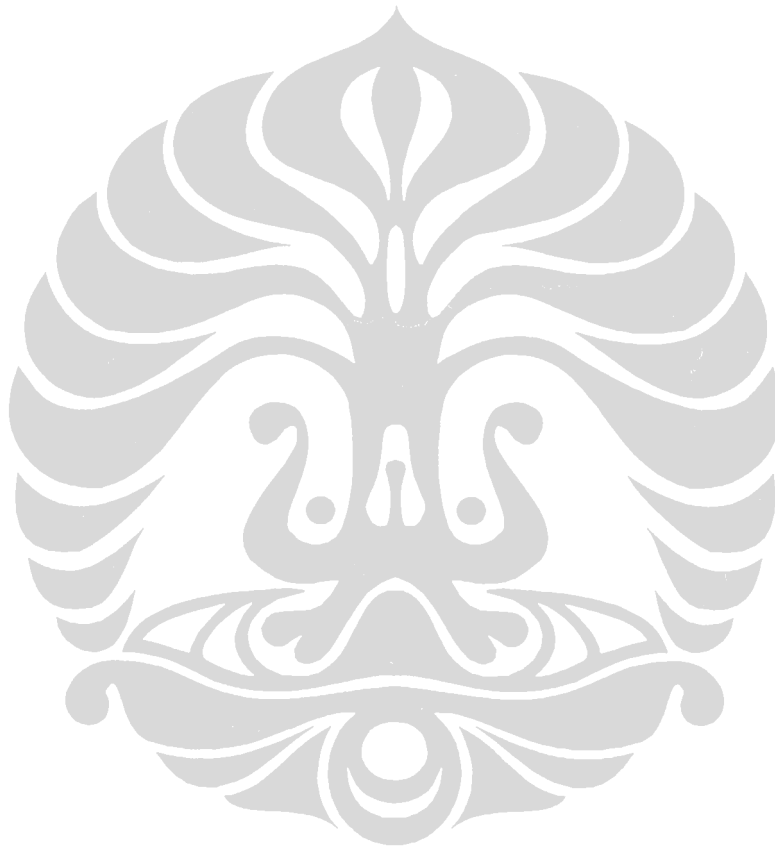
| | Value | df | Asymp. Sig. (2-sided) | Exact Sig. (2-sided) | Exact Sig. (1-sided) |
|------------------------------|----------|----|-----------------------|----------------------|----------------------|
| Pearson Chi-Square | 7,440(b) | 1 | ,006 | | |
| Continuity Correction(a) | 6,614 | 1 | ,010 | | |
| Likelihood Ratio | 7,581 | 1 | ,006 | | |
| Fisher's Exact Test | | | | ,008 | ,005 |
| Linear-by-Linear Association | 7,420 | 1 | ,006 | | |
| N of Valid Cases | 378 | | | | |

a Computed only for a 2x2 table

b 0 cells (.0%) have expected count less than 5. The minimum expected count is 23,25.

Risk Estimate

| | Value | 95% Confidence Interval | |
|--|-------|-------------------------|-------|
| | Lower | Upper | Lower |
| Odds Ratio for serat_20gr (Kurang (<20gr/hr) / Cukup (>=20 gr/hr)) | ,413 | ,215 | ,791 |
| For cohort OBESITAS = Ya (>=25 kg/m2) | ,688 | ,548 | ,863 |
| For cohort OBESITAS = Tidak (<25 kg/m2) | 1,666 | 1,084 | 2,560 |
| N of Valid Cases | 378 | | |



LAMPIRAN 2. LEMBAR KUESIONER

Assalamu'alaikum wr.wb

Saya, mahasiswa Universitas Indonesia, Fakultas Kesehatan Masyarakat akan mengadakan penelitian gizi sehubungan dengan penulisan disertasi yang bertujuan untuk mengetahui pengaruh konsumsi asam lemak trans pada berbagai makanan terhadap kadar profil lipid darah pegawai perusahaan Migas, Kalimantan Timur.

Penelitian ini dilakukan dalam rangka memantau pola konsumsi makan pegawai serta faktor risiko lainnya terhadap kejadian Dislipidemia, untuk itu saya mohon kiranya dengan kerendahan hati agar kiranya Bapak/Ibu bersedia meluangkan waktu untuk berpartisipasi sebagai subjek penelitian. Jawaban yang lengkap dan jujur akan sangat membantu validitas hasil penelitian ini. Dan semua jawaban yang Bapak/Ibu berikan akan dijaga kerahasiaannya sesuai etika penelitian. Demikian saya sampaikan, atas perhatian dan kerjasama Bapak/Ibu saya ucapkan terimakasih.

LEMBAR PERSETUJUAN

Dengan ini saya yang bernama: _____ bersedia mengisi kuesioner penelitian dengan jawaban yang sebenar-benarnya, dan apabila ada kekurangan di kemudian hari, maka saya bersedia dihubungi untuk dimintai informasi lebih lanjut.

(nama responden)

KUESIONER
DETERMINAN PENYAKIT DISLIPIDEMIA
TANGGAL WAWANCARA :

1. Nama : 2. Band/golongan :
3. Pendidikan : 4. Tanggal lahir:.....
5. Alamat/ no telp HP/rumah :
6. Ethnicity ibu : Ethnicity ayah :
7. Jenis makanan 'etnik' apa yang saudara pilih/sukai dalam keseharian? Jawa Tengah, Sunda, Jawa Timur, Padang, Manado, Makasar, Betawi, dan lain-lain (lingkari).
8. Golongan darah :
9. Apakah Saudara sejak 1 tahun yang lalu berolahraga secara teratur ? 1. ya 2. tidak
 Jika ya, jenis OR apa : Frekuensi/minggu :
 Durasi/waktu tiap kali :
10. Apakah Saudara merokok ? 1. ya 2. tidak 3. dulu merokok
 Jika 1 dan 3, sejak kapan mulai :
 Jika 3, sejak kapan mulai berhenti Jenis rokok : Jumlah rokok/hari :
11. Jenis makanan/ masakan apa yang paling sering dikonsumsi/dipilih sejak 2-3 tahun belakangan ini beri tanda x

| Kategori | Direbus | Dikukus | Dipanggang | Digoreng | Diasap | Diasinkan |
|-------------------|---------|---------|------------|----------|--------|-----------|
| Sangat suka | | | | | | |
| Suka | | | | | | |
| Kurang suka | | | | | | |
| Tidak suka | | | | | | |
| Sangat tidak suka | | | | | | |

12. Pilih jawaban Benar atau Salah
- Banyak makan sayur dan buah-buahan baik untuk kesehatan (B-S)
 - Untuk menurunkan kadar kolesterol darah anda hendaknya mengurangi konsumsi lemak jenuh, lemak total serta kolesterol. Turunkan bobot badan kalau kegemukan (B-S)
 - Makanan gorengan (jenis *deep frying*), *snack*, *cookies*, margarin dan *salad dressing* aman bagi kesehatan (B-S)
 - Kadar kolesterol darah semua anak harus dicek (B-S)
 - Membaca label makanan dapat membantu Anda untuk mengonsumsi makanan yang sehat bagi jantung (B-S)

| 13. Apakah Saudara sejak 1 tahun yang lalu pernah/sering mengalami hal-hal di bawah ini? | |
|--|---|
| Tidak Konsentrasi dalam melaksanakan tugas | 1. Tdk pernah 2. Jarang 3. Sering 4. Selalu |
| Tangan, kaki dingin | 1. Tdk pernah 2. Jarang 3. Sering 4. Selalu |
| Nafsu makan menurun | 1. Tdk pernah 2. Jarang 3. Sering 4. Selalu |
| Merasa tertekan | 1. Tdk pernah 2. Jarang 3. Sering 4. Selalu |
| Cemas | 1. Tdk pernah 2. Jarang 3. Sering 4. Selalu |

14. Apakah Saudara sedang minum obat jangka panjang (**minimal sejak 1 bulan terakhir ini**)
 1. ya, nama obat 2. tidak

15. Riwayat penyakit yang pernah diderita oleh keluarga 1 tingkat di atas Saudara (baik dari pihak ayah ataupun ibu) dimana : pria usia <55 tahun dan wanita <65 tahun

| Jawaban/ Penyakit | Serangan jantung (sakit dada > 20 menit) | Serangan otak (stroke/lumpuh) | Meninggal mendadak |
|-------------------|--|-------------------------------|--------------------|
| Ada | | | |
| Tidak | | | |

Lembar: 24-Hour Food Recall

TANGGAL WAWANCARA :

NAMA RESPONDEN :

| Waktu | Makanan | | Minuman | | Vitamin | Obat | Tempat |
|---|---------|-------|---------|-------|---------|------|--------|
| | Item | Porsi | Item | Porsi | | | |
| Makanan pokok Lauk pauk Buah Sayur Selingan | | | | | | | |
| Makanan pokok Lauk pauk Buah Sayur Selingan | | | | | | | |
| Makanan pokok Lauk pauk Buah Sayur Selingan | | | | | | | |

LAMPIRAN 3
MONTH OF : MEI 2006

WEEK I

| | Mon-01 | Tue-02 | Wed-03 | Thu-04 | Fri-05 | Sat-06 | Sun-07 | |
|---------------|-----------------------|-----------------------|------------------------|-------------------------|---------------------------|-------------------------|-------------------------|-------------------------|
| | National | National | National | National | National | National | National | |
| LUNCH | 1 | Sop sayur Makaroni | Santan sayuran | Sayur asem | Oseng kacang pgg kecambah | Sayur nangka | Sayur lodeh | Sop sayuran |
| | 2 | Ikan bakar BB Rujak | Dendeng manis | Daging empal | Ayam kalio | Ayam ungkep goreng | Daging balado | Opor tahu |
| | 3 | Ayam parahyangan | Samgor tempe tahu | Balado asin jambrong | Ikan nila goreng kering | Pindang telur | Trakulu BB rujak | Kakap BB Bali |
| | 4 | Tahu campur | Terong balado | Tahu goreng saus kecap | Tempe goreng tipis | Tempe goreng keripik | Oseng tahu kecambah | Samgor Hati kentang |
| | 5 | Low cholesterol | Low cholesterol | Low cholesterol | Low cholesterol | Low cholesterol | Low cholesterol | Low cholesterol |
| | | Expat | Expat | Expat | Expat | Expat | Expat | Expat |
| | 1 | Cream Asparagus | Minestrone Soup | Potage Dubbary | Onion soup | Muligatway | Cream of carrot soup | Chicken noodle Soup |
| | 2 | Prawn Butterfly | Chicken Saute Chasseur | Roast chicken | beef Picatta | Baked whole snapper BBQ | Chili cone came | Roast chicken devil |
| | 3 | Macaroni schotel | Buttered vegetables | Saute mix vegetable | Mixed vegetables | Beef ala Mode | Grilled chicken BBC Sce | Snapper ala romana |
| | 4 | Boiled potatoes | Rosti potatoes | Seafood vegetable saute | Parsley potatoes | Cauliflower Au Gratin | Corn on the Cob | Sauted mix vegetable |
| 5 | Buttered vegetables | Fish & chip | Baked potato | Sweet & Sour Fizz | Lyonnaise Potatoes | Baked potatoes | Parsley potatoes | |
| | National | National | National | National | National | National | National | |
| DINNER | 1 | Soto Bandung | Sop buntut | Konro | Soto ayam | Kikil gulai | Tekwan | Soto banjar |
| | 2 | Paru Goreng Kering | Ayam masak pedas | Opor ayam | Patin pepes | Ayam masak pedas | Ayam baker | Trakulu bakar BB kuning |
| | 3 | Cah sayuran | Cah sawi hijau | Samgor tempe kering | Cah kangkung | Sayuran campur | Ikan BB dabu-dabu | Ayam masak kecap |
| | 4 | Sate Ayam | Tempe gr kering | bahwan sayuran | Peyek Udang | Tahu kecambah | Bakwan jagung | Cah sayuran |
| | 5 | Low cholesterol | Low cholesterol | Low cholesterol | Low cholesterol | Low cholesterol | Low cholesterol | Low cholesterol |
| | | Expat | Expat | Expat | Expat | Expat | Expat | Expat |
| | 1 | Clear vegetables soup | Cream mushroom | Cream corn soup | Pea cream soup | Beef noodle soup | Chicken cream soup | Oriental Crab Soup |
| | 2 | Minute steak | Fish kebab Sc BBC | Beef teriyaki | Beef Shank w/sesame oil | Baked red snapper | Beef kebab | Seafood brochette |
| | 3 | Mixed Vegetables | Braised Vegetable | Buttered spinach | Vichy carrot | Spaghettu bolognaise | Macaroni cheese | Minute steak |
| | 4 | Mashed potatoes | Boiled vegetables | Diced potatoes | French fries | Buttered French bean | stirfried vegetables | Ratatouile |
| 5 | Grilled fish lemon Sc | Spaghettu napolitan | Fish finger | Chicken Breaden | Mashed potatoes | potato chip | Baked potatoes | |

MONTH OF : MEI 2006

WEEK II

| | Mon-08 | Tue-09 | Wed-10 | Thu-11 | Fri-12 | Sat-13 | Sun-14 | |
|---------------|----------------------|--------------------------|-----------------------|----------------------------|-------------------------|-------------------------|------------------------|------------------------|
| | National | National | National | National | National | National | National | |
| LUNCH | 1 | Sayur nangka | Sop kembang kol | Santan labu siam | Sayur bening | Sayur bayam bening | Sop sayur sari laut | Sayur asam |
| | 2 | Ikan bakar | Ayam masak tuturuga | Ayam goreng tepung | Ayam masak rica | Ayam masak kecap pedas | Ayam tuturuga | Pepes satin |
| | 3 | Rendang daging | Bandeng presto | Botok teri | Ikan bakar utuh kecap | Tempe goreng tepung | Empal goreng | Ayam goreng kalasan |
| | 4 | Samgor tempe | Kering tempe | Oseng tahu kecap | Bakwan udang | Peyek kacang | Bacem tahu | Samgor teri kacang |
| | 5 | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol |
| | | Expat | Expat | Expat | Expat | Expat | Expat | Expat |
| | 1 | Clear vegetable soup | Goulash Soup | Potage garbure | Vegetable & meatball Sp | Minestrone soup | Patage Grecy | Veg&Meat ball Soup |
| | 2 | Macaroni au gratin | Beef snitzhel | Grilled snapper tartar Sce | Sweet&sour fish | Baked whole snapper | Seafood Khebab | Beef stroganoff |
| | 3 | Roast chicken | Spaghety carbonara | Beef goulash | Beef pailard | Grilled burger w/cheese | Beef curry madras | Fish picata |
| | 4 | Saute mix vegetable | Mashed potatoes | Tomato provencale | Buttered vegetable | Brocoli Au Gratin | Jardiniere vegetable | Mustard green |
| 5 | Chateu potatoes | Stirfried green bean | Boiled potatoes | Rosemary potatoes | Roasted Potatoes | Baked potatoes | Parsley potatoes | |
| | National | National | National | National | National | National | National | |
| DINNER | 1 | Soto Bandung | Soto lamongan | Sop kimlo | Rawon | Tom yam kung | Sop buntut | Soto padang |
| | 2 | Pepes ikan mas | Ayam gr serundeng | Trakulu baker | Telur asin | Rendang ayam | Gulai ikan kakap | Ayam panggang BB rujak |
| | 3 | Perkedel jagung | Rujak cingur | Ayam paniki | Nila goreng kering | Bakwan jagung | Perkedel kentang | Tahu tek |
| | 4 | Tumis sayuran | Tumis sayur | Terong balado | Keripik tempe | Sayur campur | Cah sayur bakso | Cah sayuran |
| | 5 | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol |
| | | Expat | Expat | Expat | Expat | Expat | Expat | Expat |
| | 1 | Cream asparagus | Potatoes & Leek soup | Oriental Cream soup | Cream of read bean soup | Muligatwani soup | Chicken cream soup | Tomato cream Soup |
| | 2 | Chicken Maryland | Roast beef mustard Sc | Stuffed cabbage of fish | Chicken BBQ sauce | Lasagna gratin | Bulgogi | Fish khebab |
| | 3 | Stirfried beef and onion | Squid provencale | Sauté beef black pepper | Fish breaded Sce | Fish finger tartar saus | Roast chicken devil Sc | Spaghety bolognaise |
| | 4 | Vichy carrot | Creamy corn kernel | Ratatouli | Corn on the cob | Sliced grebe bean | Cauly flower | Saute mix vegetable |
| 5 | Parmentiere potatoes | Lyonnaise potatoes | Stirfried potatoes | Frenc fries | New potatoes | Fondant Potatoes | Pommes Allumete | |

MONTH OF : MEI 2006

WEEK III

| | Mon-15 | Tue-16 | Wed-17 | Thu-18 | Fri-19 | Sat-20 | Sun-21 | |
|---------------|------------------|------------------------|----------------------|--------------------------|----------------------|----------------------|---------------------|----------------------|
| | National | National | National | National | National | National | National | |
| LUNCH | 1 | Sup sayur macaroni | Sup kimlo | Sup kacang merah | Sayur labu siam | Sup sayuran | Sop kacang merah | Gudeg yogya |
| | 2 | Ikan bakar | Dendeng manis | Cumi lada hitam | Ayam tuturuga | Rendang daging | Tenggiri grilled | Pindang telur |
| | 3 | Pepes ayam | Tahu cambah | Foo yong hai | Botok teri | Ayam cah jamur | Samgor udang | Kakap asem pedas |
| | 4 | Bakwan sayuran | Ayam gr priyangan | Tahu bacem | Tahu goreng BB petis | Tempe mendoan | Tempe gr tepung | Ikan asin jambrong |
| | 5 | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol |
| | | Expat | Expat | Expat | Expat | Expat | Expat | Expat |
| | 1 | Cream asparagus | Clear vegetable Soup | Minestrone soup | Fish chowder | Cream of carrot soup | Onion soup | Fizh chowder |
| | 2 | Hungarian beef goulash | Spaghety Bolognese | Beef sauté Chinese style | Mini steak | Braised beef | Badak fried chicken | Beef rolade |
| | 3 | Sweet&Sour fish | Baked whole snapper | Macaroni au gratin+chick | Sweet&Sour fish | Baked whole snapper | Lasagne | Jardinière vegetable |
| | 4 | Brocoli hollandaise | Vitchy carrot | Mixed vegetables | Frach potatoes | Chinese cabbage | Braised of bean | Sauted potatoes |
| 5 | Lyonase potatoes | Baked potatoes | Mashed Potatoes | Mix vegetable | Lyonaise Potatoes | Baked potatoes | Butterfly prawn | |
| | National | National | National | National | National | National | National | |
| DINNER | 1 | Sop konro | Soto banjar | Soto ayam | Rawon | Sop sayuran | Soto lamongan | Gado-gado Jakarta |
| | 2 | Trakulu BB kuning | Gulai kikil | Trakulu baker BB Rujak | Ikan mas goreng | Ayam gr parahyangan | Paru goreng | Ayam BB rendang |
| | 3 | Perkedel kentang | Ayam goreng kalasan | Tempe goreng | Telor asin | Kering tempe | Somay tahu | Croquet kentang |
| | 4 | Oseng sayuran | Samgor tempe tahu | Roas chicken BBQ Sc | Cah kangkung | Pepes patin | Cah sayuran | Keripik tempe |
| | 5 | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol |
| | | Expat | Expat | Expat | Expat | Expat | Expat | Expat |
| | 1 | Paysanne soup | Cream of carrot soup | Cream asparagus | Egg drop soup | Chicken noodle soup | Cream of corn soup | Corn&crab Soup |
| | 2 | Roast Chicken | Beef oriental | Chicken Gordon bleu | Chicken kentucky | Beef sauté onion | Beef ala mode | Snapper ala romana |
| | 3 | Pizza four season | Fish breaded | Fish kebab | Spaghetti bolognaise | Seafood sauté | Chicken steak | Beef picatta |
| | 4 | Mashed potatoes | Lyonaise potatoes | Pommes allumette | Mashed potatoes | Boiled potatoes | Boiled potatoes | Saute vegetables |
| 5 | Mix vegetable | Vitchy carrot | Cauliflower | Mix vegetable | Jardinière vegetable | Buttered long bean | Baked potatoes | |

MONTH OF : MEI 2006

WEEK IV

| | Mon-22 | Tue-23 | Wed-24 | Thu-25 | Fri-26 | Sat-27 | Sun-28 | |
|---------------|-----------------------|----------------------|-----------------------|-------------------------|----------------------|-------------------------|-----------------------|------------------------|
| | National | National | National | National | National | National | National | |
| LUNCH | 1 | Sayur bobor singkong | Sayur asem | Sayur labu siam | Sop kimlo | Sayur oyong soun | Sayur lodeh | Siomay tahu |
| | 2 | Dendeng balado | Ikan asin balado | Ayam BB rica | Ayam masak kecap | Empal gepuk | Pepes ayam | Ayam gr kalasan |
| | 3 | Ikan asam pedas | Kalio daging | Ikan mas goreng | Ikan baker | Balado teri kacang | Daging balado | Oseng sayuran |
| | 4 | Oseng tahu | Tempe gr kering | Tahu petis | Samgor goring | Tempe mendoan | Samgor Tempe | Tempe goreng tepung |
| | 5 | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol |
| | | Expat | Expat | Expat | Expat | Expat | Expat | Expat |
| | 1 | Clear veg.soup | Cream chicken soup | Cream of carrot soup | Potage grecy | Asparagus cream soup | Cream asparagus | Fizh chowder |
| | 2 | Beef burger w/bun | Roast chicken | Seafood sauté veg | Poaced fish white Sc | Sauted chicken oriental | Hungarian beef | Foo yong hai |
| | 3 | Macaroni au gratin | Grill fizh w/gravy | Beef sauté black pepper | Beef Korean | Burger fish tartar | Macaroni au gratin | Beef oriental |
| | 4 | Potato chip | Chateu potatoes | Sauté dice vegetable | Saute vegetable | Cauliflower mornay | Brussel sprout | Boiled potatoes |
| 5 | Mix vegetable | Julienne carrot | Baked Potatoes | Lyionaise potatoes | Parmintiere Potatoes | Mashed potatoes | Sauté dice vegetables | |
| | National | National | National | National | National | National | National | |
| DINNER | 1 | Gudeg yogya | Ikan asin pedas | Mie goreng | Soto banjar | Orak arik sayuran | Sop sayur campur | Soto ayam |
| | 2 | Ayam goring kalasan | Asin jambong cabe ijo | Sate ayam | Ayam gr bandung | Kakap asam manis | Ayam serundeng | Paru goreng kering |
| | 3 | Gulai kikil | Peyek kacang | Sausage | Ikan balado | Ayam bakar kecap | Perkedel tahu | Sambel gr tepung |
| | 4 | Tempe mendoan | Sayur acar kuning | Capcay | Plecing kangkung | Tahu campur | Cumi cabe hijau | Capcay |
| | 5 | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol | Low kolesterol |
| | | Expat | Expat | Expat | Expat | Expat | Expat | Expat |
| | 1 | Potato leek soup | Minestrone soup | Nasi goreng | Muligatway soup | Clear vegetable soup | Potage dubbary | Potage verte |
| | 2 | Tenderloin steak | Chicken kiev | Mini steak | Beef khebab | Fried prawn | Bulgogi | Beef stroganoff |
| | 3 | Sweet&sour fish | Beef kebab | Grill fish | Stirfried seafood | Spaghetti marinara | Sweet&sour fish | Cauliflower provencale |
| | 4 | Broccoli spear | Buttered long bean | (BBQ night) | Mix vegetables | Sliced green bean | Vichy carrot | French fries |
| 5 | French fries potatoes | Mashed potatoes | French fries | Baked potatoes | Baked potatoes | Roast potatoes | Finger fish | |

MONTH OF : MEI 2006

WEEK V

| | Mon-29 | Tue-30 | Wed-31 | |
|-------------------|----------------------|-------------------------|-----------------------|--------------|
| | National | National | National | |
| LUNCH | 1 Sop kacang merah | Sayur bening | Sup sayuran | |
| | 2 Ikan nila goreng | Trakulu bakar rica-rica | Ayam BB rendang | |
| | 3 Orak aorik tahu | Ayam gr kalasan | Tahu campur | |
| | 4 Daging balado | Oseng tahu tempe | Cumi lada hitam | |
| | 5 Low kolesterol | Low kolesterol | Low kolesterol | |
| | | Expat | Expat | Expat |
| | 1 Beef broth | Beef broth | Egg drop soup | |
| | 2 Spaghetti marinara | Hungarian beef | Kakap ala meuniere | |
| | 3 Roast chicken | Pizza | Beef oriental | |
| | 4 Baked Potatoes | Lyonaise potatoes | Ratatoile | |
| 5 Vichy carrot | Brussel sprout | Boiled Potatoes | | |
| | National | National | National | |
| DINNER | 1 Soto banjar | Tom yang kung | Soto daging | |
| | 2 Trakulu BB kuning | Ayam serundeng | Paru goreng | |
| | 3 Tempe gr tepung | Rujak cingur | Cap cay | |
| | 4 Cah sayuran | Tempe gr kering | Tempe mendoan | |
| | 5 Low kolesterol | Low kolesterol | Low kolesterol | |
| | | Expat | Expat | Expat |
| | 1 Paysanne soup | Cream carrot soup | Tomato cream soup | |
| | 2 Beef khebab | Beef stroganoff | Fish khebab | |
| | 3 Macaroni au gratin | Bread fish | Grilled honey chicken | |
| | 4 Mix vegetables | Cauliflower polonaise | Sauted vegetables | |
| 5 Mashed potatoes | Baked potatoes | French fries | | |