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Lampiran 1 Surat Izin Penelitian

Kementerian Kesehatan
Direktorat Jenderal
Sumber Daya Manusia Kesehatan
Poltekkes Medan
Jalan Jamin Ginting KM 13,5
Medan, Sumatera Utara 20137
(061) 8368633
https://poltekkes-medan.ac.id

Lubuk Pakam, 24 Pebruari 2026

Nomor : KH.03.01/XIV.13/264/2026
Lampiran : -
Perihal : Surat Survei Penelitian

Kepada Yth:
Kepala Sekolah SMP Negeri 1 Pancur Batu

di _
Tempat

Sesuai dengan kurikulum Prodi Diploma III Gizi dimana mahasiswa diwajibkan menyusun Proposal Tugas Akhir. Berkenaan dengan hal tersebut kami mohon izin bagi mahasiswa bimbingan Bernike Doloksaribu, SST, M. Kes untuk melakukan Survei Penelitian di Sekolah SMP Negeri 1 Pancur Batu. Adapun nama mahasiswa tersebut, adalah:

Nama : Arda Mawaddah Sarni
NIM : P01031123097
Judul : Tinjauan Kesesuaian Gizi Menu dari Program Makan Bergizi Gratis di SMP Negeri 1 Pancur Batu.

Demikian kami sampaikan, atas perhatian dan kerjasamanya diucapkan terima kasih.

Ketua Jurusan,

Riris Oppusunggu, S. Pd. M. Kes

Kementerian Kesehatan tidak menerima suap dan/atau gratifikasi dalam bentuk apapun. Jika terdapat potensi suap atau gratifikasi silakan laporkan melalui HALO KEMENKES 1500567 dan https://wbs.kemkes.go.id. Untuk verifikasi keaslian tanda tangan elektronik, silakan unggah dokumen pada laman https://ite.kominfo.go.id/verifyPDF.

Dokumen ini telah ditandatangani secara elektronik menggunakan sertifikat elektronik yang diterbitkan oleh Balai Besar Sertifikasi Elektronik (BSrE), Badan Siber dan Sandi Negara (BSSN).

Lampiran 2 Surat balasan penelitian

PEMERINTAH KABUPATEN DELI SERDANG
DINAS PENDIDIKAN
UPT SATUAN PENDIDIKAN FORMAL
SMP NEGERI 1 PANCUR BATU
Alamat : Jl. Jamin Ginting No. 124 Desa Baru Pancur Batu, Kode Pos : 20353
Email : smpnsatupancurbatu@gmail.com

SURAT KETERANGAN
Nomor : 400.3.5/ 083 /SMP/2026
Telah Selesai Melakukan Penelitian

Yang bertanda tangan dibawah ini :

Nama : Sri Hastuti, S.Pd., M.Pd
NIP : 19781215 200801 2 017
Jabatan : Kepala UPT SPF SMP Negeri 1 Pancur Batu

Dengan ini menerangkan bahwa:

1	Nama	:	Arda Mawaddah Sarni
	NIM	:	P01031123097
	Diploma	:	Diploma III-Gizi

Telah selesai melaksanakan Penelitian di UPT SPF SMP Negeri 1 Pancurbatu pada tanggal 27 April 02 Mei 2026 dengan Judul "Persepsi Anak Remaja tentang Kesesuaian Menu dan Analisis Kandungan Gizi serta Sisa Makanan pada Program Makan Bergizi Gratis di SMP Negeri 1 Pancur Batu"

Demikianlah Surat Keterangan ini dibuat untuk dapat dipergunakan sebagaimana mestinya

Pancur Batu, 05 Mei 2026
Kepala UPT SPF
SMP Negeri 1 Pancur Batu

Sri Hastuti, S.Pd., M.Pd
NIP. 19781215 200801 2 017

Lampiran 3 Ethical Clereance

Kementerian Kesehatan
Poltekkes Medan
Komisi Etik Penelitian Kesehatan
Jalan Jamin Ginting KM. 13,5
Medan, Sumatera Utara 20137
(061) 8368633
https://poltekkes-medan.ac.id

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL EXEMPTION
"ETHICAL EXEMPTION"

No.01.26.3373/KEPK/POLTEKKES KEMENKES MEDAN 2026

Protokol penelitian versi 1 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : Arda Mawaddah Sarni
Principal In Investigator

Nama Institusi : Poltekkes Kemenkes Medan
Name of the Institution

Dengan judul:
Title
"Persepsi Anak Remaja Tentang Kesesuaian Menu Dan Analisis Kandungan Gizi Serta Sisa Makanan Pada Program Makan Bergizi Gratis di SMP Negeri 1 Pancur Batu"

"Adolescents' Perceptions Regarding the Suitability of Menus and Analysis of Nutritional Content and Food Leftovers in the Free Nutritious Meal Program at SMP Negeri 1 Pancur Batu".

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Concent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 30 Juli 2026 sampai dengan tanggal 30 Juli 2027.

This declaration of ethics applies during the period July 30, 2026 until July 30, 2027.

July 30, 2026
Chairperson,

Dr. Lestari Rahmah, MKT

Lampiran 4 Kuesioner penelitian

Nama :

Kelas :

Petunjuk Pengisian

Beri tanda (✓) pada salah satu jawaban yang sesuai dengan pendapat Anda.

Keterangan:

- 1 = Tidak setuju
- 2 = Kurang setuju
- 3 = Setuju
- 4 = Sangat setuju

Kesesuaian Menu

No	Pernyataan	1	2	3	4
1	Menu makanan yang diberikan bervariasi	☐	☐	☐	☐
2	Saya tidak merasa bosan dengan menu yang disajikan	☐	☐	☐	☐
3	Makanan yang diberikan memiliki rasa yang enak	☐	☐	☐	☐
4	Bumbu makanan sesuai dengan selera saya	☐	☐	☐	☐
5	Tampilan makanan terlihat menarik	☐	☐	☐	☐
6	Warna makanan beragam dan menggunggah selera	☐	☐	☐	☐
7	Porsi makanan yang diberikan sudah sesuai	☐	☐	☐	☐
8	Saya merasa kenyang setelah makan	☐	☐	☐	☐
9	Menu sesuai dengan kebiasaan makan saya	☐	☐	☐	☐
10	Saya mudah menerima menu yang diberikan	☐	☐	☐	☐

Lampiran 5 Kesesuaian zat gizi menu

Zat Gizi	Hasil hitungan menu	30-35% Kecukupan	Sesuai	Tidak sesuai
Energi (kkal)		668 – 779		
Protein (gram)		20 – 24		
Lemak (gram)		23 – 26		
Karbohidrat (gram)		98 – 114		

Lampiran 6 Perhitungan Kandungan Zat Gizi

No	HIDANGAN	BAHAN	BERAT	KAL	PROT		LEMAK (gr)	Kar (gr)	Ca (mg)	Fe (mg)	VIT A (SI)	VIT C (mg)	Folat (mcg)	Vit B12 (mcg)	s
					H (gr)	N (gr)									

Lampiran 7 Persentase Sisa Makan

Hari/ tanggal :

Menu hari ke :

Nama hidangan MBG	Berat (gr)		Bahan Makanan
	Awal	Sisa	
Makanan pokok			
Lauk hewani			
Lauk nabati			
Sayuran			
Buah			

Lampiran 8 Output SPSS

Persepsi

kategori persepsi

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	kurang	11	13.6	13.6	13.6
	cukup	55	67.9	67.9	81.5
	baik	15	18.5	18.5	100.0
	Total	81	100.0	100.0	

Kandungan gizi

kategori

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	kurang	20	100.0	100.0	100.0
	baik	0	0.0	0.0	100.0
	lebih	0	0.0	0.0	100.0
	Total	20	100.0	100.0	

Sisa makanan

Statistics

		sisaH1	sisaH2	sisaH3	sisaH4	sisaH5	sisaH6
N	Valid	81	81	81	81	81	81
	Missing	0	0	0	0	0	0

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Persen konsumsi H1 lauk hewani MBG (%)	81	0	100	28.4	31.8
Persen konsumsi H2 lauk hewani MBG (%)	81	0	100	34.7	34.5
Persen konsumsi H3 lauk hewani MBG (%)	81	20	100	91.8	11.4
Persen konsumsi H4 lauk hewani MBG (%)	81	0	100	41.3	.36.1
Persen konsumsi H5 lauk hewani MBG (%)	81	20	100	79.6	20.5

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Persen konsumsi H1 lauk nabati MBG (%)	81	20	100	71.6	18.4
Persen konsumsi H2 lauk nabati MBG (%)	81	20	100	73.8	17.6
Persen konsumsi H3 lauk nabati MBG (%)	81	40	100	89.4	12.8
Persen konsumsi H4 lauk nabati MBG (%)	81	20	100	76.2	16.9
Persen konsumsi H5 lauk nabati MBG (%)	81	60	100	91.2	10.5

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Persen konsumsi H1 sayur MBG (%)	81	25	100	78.6	17.2
Persen konsumsi H2 sayur MBG (%)	81	20	100	72.1	20.7
Persen konsumsi H3 sayur MBG (%)	81	0	100	0	0
Persen konsumsi H4 sayur MBG (%)	81	18	100	66.8	23.5
Persen konsumsi H5 sayur MBG (%)	81	0	100	0	0

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Persen konsumsi H1 buah MBG (%)	81	20	100	86.4	18.6
Persen konsumsi H2 buah MBG (%)	81	0	100	91.5	15.3
Persen konsumsi H3 buah MBG (%)	81	0	100	93.7	12.5
Persen konsumsi H4 buah MBG (%)	81	10	100	82.1	20.4
Persen konsumsi H5 buah MBG (%)	81	25	100	88.6	16.8

Lampiran 9 Tabel master

No	Nama	Tanggal Lahir	Usia	JK	Kelas	Skor persepsi	Kategori persepsi
1	AFR	30-01-2012	14	L	71	3	Baik
2	AZ	27-02-2012	14	P	71	2	Cukup
3	DKG	01-07-2011	15	L	71	2	Cukup
4	HZP	25-12-2011	15	L	71	2	Cukup
5	NRY	20-01-2011	15	P	71	3	Baik
6	RCS	02-02-2012	14	L	71	2	Cukup
7	AHN	08-10-2012	14	L	72	2	Cukup
8	CPS	21-09-2012	14	L	72	2	Cukup
9	DK	27-04-2012	14	L	72	2	Cukup
10	JAN	26-03-2012	14	L	72	2	Cukup
11	NH	11-09-2012	14	P	72	2	Cukup
12	SRP	16-09-2011	15	P	72	3	Baik
13	AAA	15-05-2011	15	L	73	3	Baik
14	CL	09-11-2011	15	P	73	3	Baik
15	DACS	20-11-2012	14	P	73	2	Cukup
16	MEM	27-05-2012	14	P	73	3	Baik
17	NMN	20-07-2012	14	P	73	2	Cukup
18	RPB	21-08-2012	14	P	73	2	Cukup
19	ANN	12-01-2012	14	P	74	2	Cukup
20	ASAN	03-12-2011	15	L	74	2	Cukup
21	CG	09-05-2012	14	P	74	1	Kurang
22	GSA	18-03-2012	14	L	74	2	Cukup
23	NA	14-05-2012	14	P	74	2	Cukup
24	RP	31-10-2011	15	L	74	3	Baik
25	AA	28-07-2012	14	P	75	3	Baik
26	AGK	15-03-2012	14	P	75	2	Cukup
27	ER	19-03-2012	14	P	75	2	Cukup
28	GAH	13-07-2012	14	P	75	1	Kurang

29	N	02-05-2012	14	P	75	1	Kurang
30	RAP	13-03-2011	15	L	75	3	Baik
31	ABS	10-05-2012	14	L	76	2	Cukup
32	AA	14-06-2012	14	P	76	2	Cukup
33	FR	23-12-2011	15	L	76	2	Cukup
34	JHT	29-02-2012	14	L	76	3	Baik
35	NR	23-02-2012	14	P	76	2	Cukup
36	RAS	15-04-2012	14	L	76	3	Baik
37	AT	20-05-2011	15	P	77	2	Cukup
38	GAS	06-02-2012	14	P	77	2	Cukup
39	JP	09-08-2012	14	L	77	2	Cukup
40	LMB	30-04-2011	15	P	77	2	Cukup
41	NS	24-12-2011	15	P	77	2	Cukup
42	RA	07-07-2012	14	P	77	2	Cukup
43	AZP	04-04-2011	15	L	81	2	Cukup
44	GT	18-06-2012	14	P	81	2	Cukup
45	JMS	17-03-2012	14	P	81	2	Cukup
46	MRM	19-01-2013	13	L	81	2	Cukup
47	NMG	14-03-2012	14	P	81	2	Cukup
48	SS	13-07-2012	14	P	81	2	Cukup
49	BX	27-05-2011	15	L	82	2	Cukup
50	HK	14-03-2012	14	P	82	2	Cukup
51	JMS	27-07-2011	15	L	82	2	Cukup
52	MPG	05-11-2012	14	P	82	2	Cukup
53	NMG	18-01-2011	15	P	82	2	Cukup
54	RK	09-06-2012	14	L	82	2	Cukup
55	AET	22-09-2011	15	L	83	1	kurang
56	AMR	11-12-2012	14	L	83	3	Baik
57	EJD	30-04-2011	15	L	83	2	Cukup
58	KTA	07-08-2012	14	P	83	2	Cukup
59	NHS	25-02-2011	15	P	83	2	Cukup

60	RG	16-05-2012	14	L	83	2	Cukup
61	AR	03-10-2011	15	L	84	2	Cukup
62	AR	28-01-2012	14	P	84	2	Cukup
63	HYS	19-07-2011	15	L	84	2	Cukup
64	KA	12-11-2012	14	P	84	3	Baik
65	RS	06-03-2011	15	L	84	2	Cukup
66	AAL	21-09-2012	14	P	85	2	Cukup
67	DBD	08-12-2011	15	L	85	3	Baik
68	JC	15-04-2012	14	P	85	2	Cukup
69	KMS	29-06-2011	15	P	85	3	Baik
70	NPI	04-02-2012	14	P	85	1	kurang
71	AS	17-08-2011	15	L	86	1	kurang
72	ACB	10-10-2012	14	P	86	2	Cukup
73	EA	26-05-2011	15	P	86	2	Cukup
74	JK	13-01-2012	14	P	86	2	Cukup
75	MT	24-09-2011	15	L	86	1	kurang
76	AJA	02-07-2012	14	P	87	1	kurang
77	CB	20-11-2011	15	P	87	1	kurang
78	EB	31-03-2012	14	P	87	1	kurang
79	K	09-08-2011	15	P	87	2	Cukup
80	NC	18-12-2012	14	L	87	1	kurang
81	RBSC	27-04-2012	14	L	87	2	Cukup

ID Sampel	H1 Nasi			H2 Nasi			H3 Ketan hitam			H4 Nasi			H5 bubur nasi			Rata - rata	
	Berat/Porsi = 158 g			Berat/Porsi = 139 G			Berat/Porsi = 95 G			Berat/Porsi = 139 g			Berat/Porsi = 157				
	BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	g	%	%	g	%	%	g	%	%	%	%
AFR	0	0%	100%	114	82%	18%	63	66%	34%	139	100%	0%	146	93%	7%	68%	32%
AZ	15	9%	91%	129	93%	7%	80	84%	16%	139	100%	0%	110	70%	30%	71%	29%
DKG	57	36%	64%	126	91%	9%	21	22%	78%	139	100%	0%	150	96%	4%	69%	31%
HZP	109	69%	31%	100	72%	28%	95	100%	0%	139	100%	0%	86	55%	45%	79%	21%
NRY	0	0%	100%	47	34%	66%	95	100%	0%	139	100%	0%	46	29%	71%	53%	47%
RCS	0	0%	100%	0	0%	100%	62	65%	35%	139	100%	0%	64	41%	59%	41%	59%
AHN	83	53%	47%	127	91%	9%	82	86%	14%	139	100%	0%	87	55%	45%	77%	23%
CPS	112	71%	29%	0	0%	100%	85	89%	11%	139	100%	0%	0	0%	100%	52%	48%
DK	113	72%	28%	89	64%	36%	39	41%	59%	139	100%	0%	137	87%	13%	73%	27%
JAN	57	36%	64%	49	35%	65%	32	34%	66%	139	100%	0%	157	100%	0%	61%	39%
NH	37	23%	77%	112	81%	19%	0	0%	100%	139	100%	0%	78	50%	50%	51%	49%
SRP	0	0%	100%	138	99%	1%	0	0%	100%	139	100%	0%	95	61%	39%	52%	48%
AAA	0	0%	100%	64	46%	54%	95	100%	0%	139	100%	0%	112	71%	29%	63%	37%
CL	0	0%	100%	0	0%	100%	37	39%	61%	139	100%	0%	64	41%	59%	36%	64%
DACS	0	0%	100%	80	58%	42%	73	77%	23%	139	100%	0%	46	29%	71%	53%	47%
MEM	89	56%	44%	74	53%	47%	18	19%	81%	139	100%	0%	134	85%	15%	63%	37%
NMN	53	34%	66%	28	20%	80%	77	81%	19%	139	100%	0%	117	75%	25%	62%	38%
RPB	0	0%	100%	45	32%	68%	62	65%	35%	139	100%	0%	51	32%	68%	46%	54%

ID Sampel	H1 Nasi			H2 Nasi			H3 Ketan hitam			H4 Nasi			H5 bubur nasi			Rata - rata Dikonsumsi	
	Berat/Porsi = 131 g			Berat/Porsi = 139 G			Berat/Porsi = 171 G			Berat/Porsi = 139 g			Berat/Porsi = 157				
	BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	sisa		Dikonsumsi	Sisa		Dikonsumsi			Sisa	Dikonsumsi		sisa		
	g	%	%	g	%	%	BB	g	%	%	g	%	%	BB	g	%	%
ANN	132	84%	16%	0	0%	100%	52	55%	45%	139	100%	0%	108	69%	31%	61%	39%
ASAN	43	27%	73%	83	60%	40%	10	11%	89%	139	100%	0%	61	39%	61%	47%	53%
CG	46	29%	71%	132	95%	5%	80	84%	16%	139	100%	0%	150	96%	4%	81%	19%
GSA	63	40%	60%	51	37%	63%	48	51%	49%	139	100%	0%	50	32%	68%	52%	48%
NA	0	0%	100%	123	88%	12%	19	20%	80%	139	100%	0%	150	96%	4%	61%	39%
RP	0	0%	100%	135	97%	3%	63	66%	34%	139	100%	0%	145	92%	8%	71%	29%
AA	0	0%	100%	67	48%	52%	47	49%	51%	139	100%	0%	134	85%	15%	57%	43%
AGK	0	0%	100%	0	0%	100%	0	0%	100%	139	100%	0%	70	45%	55%	29%	71%
ER	0	0%	100%	138	99%	1%	25	26%	74%	139	100%	0%	0	0%	100%	45%	55%
GAH	92	58%	42%	135	97%	3%	95	100%	0%	139	100%	0%	5	3%	97%	72%	28%
N	0	0%	100%	0	0%	100%	83	87%	13%	139	100%	0%	32	20%	80%	42%	58%
RAP	95	60%	40%	138	99%	1%	39	41%	59%	139	100%	0%	150	96%	4%	79%	21%
ABS	23	15%	85%	59	42%	58%	93	98%	2%	139	100%	0%	0	0%	100%	51%	49%
AA	53	34%	66%	87	63%	37%	25	26%	74%	139	100%	0%	47	30%	70%	50%	50%
FR	60	38%	62%	122	88%	12%	72	76%	24%	139	100%	0%	0	0%	100%	60%	40%
JHT	0	0%	100%	93	67%	33%	25	26%	74%	139	100%	0%	0	0%	100%	39%	61%
NR	60	38%	62%	89	64%	36%	54	57%	43%	139	100%	0%	145	92%	8%	70%	30%
RAS	28	18%	82%	85	61%	39%	40	42%	58%	100	72%	28%	72%	46%	54%	48%	52%
AT	72	46%	54%	15	11%	89%	60	63%	37%	125	90%	10%	40%	25%	75%	47%	53%
GAS	10	6%	94%	100	72%	28%	25	26%	74%	139	100%	0%	120%	76%	24%	56%	44%

ID Sampel	H1 Nasi			H2 Nasi			H3 Ketan hitam			H4 Nasi			H5 bubur nasi			Rata - rata Dikonsumsi	
	Berat/Porsi = 158 g			Berat/Porsi = 139 G			Berat/Porsi = 95 G			Berat/Porsi = 139 g			Berat/Porsi = 157				
	BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	sisa		Dikonsumsi	Sisa		Dikonsumsi			Sisa	Dikonsumsi		sisa		
	g	%	%	g	%	%		g	%	%	g	%	%		g	%	%
JP	132	84%	16%	0	0%	100%	52	55%	45%	139	100%	0%	108	69%	31%	61%	39%
LMB	43	27%	73%	83	60%	40%	10	11%	89%	139	100%	0%	61	39%	61%	47%	53%
NS	46	29%	71%	132	95%	5%	80	84%	16%	139	100%	0%	150	96%	4%	81%	19%
RA	63	40%	60%	51	37%	63%	48	51%	49%	139	100%	0%	50	32%	68%	52%	48%
AZP	0	0%	100%	123	88%	12%	19	20%	80%	139	100%	0%	150	96%	4%	61%	39%
GT	0	0%	100%	135	97%	3%	63	66%	34%	139	100%	0%	145	92%	8%	71%	29%
JMS	0	0%	100%	67	48%	52%	47	49%	51%	139	100%	0%	134	85%	15%	57%	43%
MRM	0	0%	100%	0	0%	100%	0	0%	100%	139	100%	0%	70	45%	55%	29%	71%
NMG	0	0%	100%	138	99%	1%	25	26%	74%	139	100%	0%	0	0%	100%	45%	55%
SS	92	58%	42%	135	97%	3%	95	100%	0%	139	100%	0%	5	3%	97%	72%	28%
BX	0	0%	100%	0	0%	100%	83	87%	13%	139	100%	0%	32	20%	80%	42%	58%
HK	95	60%	40%	138	99%	1%	39	41%	59%	139	100%	0%	150	96%	4%	79%	21%
JMS	23	15%	85%	59	42%	58%	93	98%	2%	139	100%	0%	0	0%	100%	51%	49%
MPG	53	34%	66%	87	63%	37%	25	26%	74%	139	100%	0%	47	30%	70%	50%	50%
NMG	60	38%	62%	122	88%	12%	72	76%	24%	139	100%	0%	0	0%	100%	60%	40%
RK	0	0%	100%	93	67%	33%	25	26%	74%	139	100%	0%	0	0%	100%	39%	61%
AET	60	38%	62%	89	64%	36%	54	57%	43%	139	100%	0%	145	92%	8%	70%	30%
AMR	45	28%	72%	105	76%	24%	5	5%	95%	139	100%	0%	90	57%	43%	53%	47%
EJD	120	76%	24%	50	36%	64%	70	74%	26%	80	58%	42%	15	10%	90%	51%	49%
KTA	18	11%	89%	130	94%	6%	35	37%	63%	139	100%	0%	55	35%	65%	55%	45%

ID Sampel	H1 Nasi			H2 Nasi			H3 Ketan hitam			H4 Nasi			H5 bubur nasi			Rata - rata Dikonsumsi	
	Berat/Porsi = 158 g			Berat/Porsi = 139 G			Berat/Porsi = 95 G			Berat/Porsi = 139 g			Berat/Porsi = 157				
	BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	sisa		Dikonsumsi	Sisa		Dikonsumsi			Sisa	Dikonsumsi		sisa		
	g	%	%	g	%	%		g	%	%	g	%	%		g	%	%
NHS	132	84%	16%	0	0%	100%	52	55%	45%	139	100%	0%	108	69%	31%	61%	39%
RG	43	27%	73%	83	60%	40%	10	11%	89%	139	100%	0%	61	39%	61%	47%	53%
AR	46	29%	71%	132	95%	5%	80	84%	16%	139	100%	0%	150	96%	4%	81%	19%
AR	63	40%	60%	51	37%	63%	48	51%	49%	139	100%	0%	50	32%	68%	52%	48%
HYS	0	0%	100%	123	88%	12%	19	20%	80%	139	100%	0%	150	96%	4%	61%	39%
KA	0	0%	100%	135	97%	3%	63	66%	34%	139	100%	0%	145	92%	8%	71%	29%
RS	0	0%	100%	67	48%	52%	47	49%	51%	139	100%	0%	134	85%	15%	57%	43%
AAL	0	0%	100%	0	0%	100%	0	0%	100%	139	100%	0%	70	45%	55%	29%	71%
DBD	0	0%	100%	138	99%	1%	25	26%	74%	139	100%	0%	0	0%	100%	45%	55%
JC	92	58%	42%	135	97%	3%	95	100%	0%	139	100%	0%	5	3%	97%	72%	28%
KMS	0	0%	100%	0	0%	100%	83	87%	13%	139	100%	0%	32	20%	80%	42%	58%
NPI	95	60%	40%	138	99%	1%	39	41%	59%	139	100%	0%	150	96%	4%	79%	21%
AS	23	15%	85%	59	42%	58%	93	98%	2%	139	100%	0%	0	0%	100%	51%	49%
ACB	53	34%	66%	87	63%	37%	25	26%	74%	139	100%	0%	47	30%	70%	50%	50%
EA	60	38%	62%	122	88%	12%	72	76%	24%	139	100%	0%	0	0%	100%	60%	40%
JK	0	0%	100%	93	67%	33%	25	26%	74%	139	100%	0%	0	0%	100%	39%	61%
MT	60	38%	62%	89	64%	36%	54	57%	43%	139	100%	0%	145	92%	8%	70%	30%
AJA	20	13%	87%	70	50%	50%	55	58%	42%	120	86%	14%	80	51%	49%	52%	48%
CB	5	3%	97%	90	65%	35%	30	32%	68%	139	100%	0%	60	38%	62%	48%	52%
EB	35	22%	78%	75	54%	46%	45	47%	53%	100	72%	28%	25	16%	84%	42%	58%
K	50	32%	68%	60	43%	57%	20	21%	79%	139	100%	0%	45	29%	71%	45%	555
NC	0	0%	100%	110	79%	21%	70	74%	26%	130	94%	6%	90	57%	43%	61%	39%

ID Sampel	H1 = Ayam crispy					H2 = Telur balado			H3 = ayam tepung			H4 = telur puyuh rebus			H5 = telur ayam rebus					Rata - rata	
	Berat/Porsi = 53 g					Berat/Porsi = 47 G			Berat/Porsi = 65 G			Berat/Porsi = 26 g			Berat/Porsi = 81 g						
	BDD = 58% (30,7 g)					BDD = 100%			BDD = 100%			BDD = 100%			BDD = 58% (47 g)						
	Sisa			Dikonsumsi		Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa			Dikonsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	%	%	g	%	%	g	%	%	g	BB	%	g	%	%	%
AFR	0	0	0%	31	100%	17	36%	64%	0	0%	100%	26	100%	0%	55	32	68%	15	32%	41%	59%
AZ	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	36	21	44%	26	56%	48%	52%
DKG	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	70	41	86%	6	14%	56%	44%
HZP	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	64	37	79%	10	21%	55%	45%
NRY	40	23	75%	8	25%	13	28%	72%	0	0%	100%	26	100%	0%	10	6	12%	41	88%	43%	57%
RCS	0	0	0%	31	100%	41	87%	13%	0	0%	100%	26	100%	0%	11	6	14%	41	86%	40%	60%
AHN	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	42	24	52%	23	48%	50%	50%
CPS	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	0	0	0%	47	100%	20%	80%
DK	12	7	23%	24	77%	0	0%	100%	0	0%	100%	26	100%	0%	75	44	93%	4	7%	43%	57%
JAN	17	10	32%	21	68%	21	45%	55%	0	0%	100%	26	100%	0%	81	47	100%	0	0%	55%	45%
NH	19	11	36%	20	64%	0	0%	100%	0	0%	100%	26	100%	0%	80	46	99%	1	1%	47%	53%
SRP	0	0	0%	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	60	35	74%	12	26%	52%	48%
AAA	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	53	31	65%	16	35%	33%	67%
CL	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	64	37	79%	10	21%	36%	64%
DACS	28	16	53%	14	47%	27	57%	43%	0	0%	100%	26	100%	0%	62	36	77%	11	23%	57%	43%
MEM	42	24	79%	6	21%	40	85%	15%	0	0%	100%	26	100%	0%	79	46	98%	1	2%	72%	28%
NMN	0	0	0%	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	50	29	62%	18	38%	49%	51%
RPB	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	0	0	0%	47	100%	20%	80%
ANN	29	17	55%	14	45%	0	0%	100%	0	0%	100%	26	100%	0%	68	39	84%	8	16%	48%	52%
ASAN	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	17	10	21%	37	79%	43%	57%

ID Sampel	H1 = Ayam crispy					H2 = Telur balado			H3 = ayam tepung			H4 = telur puyuh rebus			H5 telur ayam rebus					Rata - rata	
	Berat/Porsi = 53 g					Berat/Porsi = 47 G			Berat/Porsi = 65 G			Berat/Porsi = 26 g			Berat/Porsi = 81 g						
	BDD = 58% (30,7 g)					BDD = 100%			BDD = 100%			BDD = 100%			BDD = 58% (47 g)						
	Sisa			Dikonsumsi		Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa			Dikonsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	%	%	g	%	%	g	%	%	g	BB	%	g	%	%	%
CG	0	0	0%	31	100%	17	36%	64%	0	0%	100%	26	100%	0%	55	32	68%	15	32%	41%	59%
GSA	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	36	21	44%	26	56%	48%	52%
NA	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	70	41	86%	6	14%	56%	44%
RP	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	64	37	79%	10	21%	55%	45%
AA	40	23	75%	8	25%	13	28%	72%	0	0%	100%	26	100%	0%	10	6	12%	41	88%	43%	57%
AGK	0	0	0%	31	100%	41	87%	13%	0	0%	100%	26	100%	0%	11	6	14%	41	86%	40%	60%
ER	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	42	24	52%	23	48%	50%	50%
GAH	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	0	0	0%	47	100%	20%	80%
N	12	7	23%	24	77%	0	0%	100%	0	0%	100%	26	100%	0%	75	44	93%	4	7%	43%	57%
RAP	17	10	32%	21	68%	21	45%	55%	0	0%	100%	26	100%	0%	81	47	100%	0	0%	55%	45%
ABS	19	11	36%	20	64%	0	0%	100%	0	0%	100%	26	100%	0%	80	46	99%	1	1%	47%	53%
AA	0	0	0%	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	60	35	74%	12	26%	52%	48%
FR	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	53	31	65%	16	35%	33%	67%
JHT	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	64	37	79%	10	21%	36%	64%
NR	28	16	53%	14	47%	27	57%	43%	0	0%	100%	26	100%	0%	62	36	77%	11	23%	57%	43%
RAS	42	24	79%	6	21%	40	85%	15%	0	0%	100%	26	100%	0%	79	46	98%	1	2%	72%	28%
AT	0	0	0%	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	50	29	62%	18	38%	49%	51%
GAS	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	0	0	0%	47	100%	20%	80%
JP	29	17	55%	14	45%	0	0%	100%	0	0%	100%	26	100%	0%	68	39	84%	8	16%	48%	52%
LMB	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	17	10	21%	37	79%	43%	57%

ID Sampel	H1 = Ayam crispy					H2 = Telur balado			H3 = ayam tepung			H4 = telur puyuh rebus			H5 = telur ayam rebus					Rata - rata	
	Berat/Porsi = 53 g					Berat/Porsi = 47 G			Berat/Porsi = 65 G			Berat/Porsi = 26 g			Berat/Porsi = 81 g						
	BDD = 58% (30,7 g)					BDD = 100%			BDD = 100%			BDD = 100%			BDD = 58% (47 g)						
	Sisa			Dikonsumsi		Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa			Dikonsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	%	%	g	%	%	g	%	%	g	BB	%	g	%	%	%
NS	0	0	0%	31	100%	17	36%	64%	0	0%	100%	26	100%	0%	55	32	68%	15	32%	41%	59%
RA	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	36	21	44%	26	56%	48%	52%
AZP	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	70	41	86%	6	14%	56%	44%
GT	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	64	37	79%	10	21%	55%	45%
JMS	40	23	75%	8	25%	13	28%	72%	0	0%	100%	26	100%	0%	10	6	12%	41	88%	43%	57%
MRM	0	0	0%	31	100%	41	87%	13%	0	0%	100%	26	100%	0%	11	6	14%	41	86%	40%	60%
NMG	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	42	24	52%	23	48%	50%	50%
SS	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	0	0	0%	47	100%	20%	80%
BX	12	7	23%	24	77%	0	0%	100%	0	0%	100%	26	100%	0%	75	44	93%	4	7%	43%	57%
HK	17	10	32%	21	68%	21	45%	55%	0	0%	100%	26	100%	0%	81	47	100%	0	0%	55%	45%
JMS	19	11	36%	20	64%	0	0%	100%	0	0%	100%	26	100%	0%	80	46	99%	1	1%	47%	53%
MPG	0	0	0%	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	60	35	74%	12	26%	52%	48%
NMG	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	53	31	65%	16	35%	33%	67%
RK	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	64	37	79%	10	21%	36%	64%
AET	28	16	53%	14	47%	27	57%	43%	0	0%	100%	26	100%	0%	62	36	77%	11	23%	57%	43%
AMR	42	24	79%	6	21%	40	85%	15%	0	0%	100%	26	100%	0%	79	46	98%	1	2%	72%	28%
EJD	0	0	0%	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	50	29	62%	18	38%	49%	51%
KTA	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	0	0	0%	47	100%	20%	80%
NHS	29	17	55%	14	45%	0	0%	100%	0	0%	100%	26	100%	0%	68	39	84%	8	16%	48%	52%
RG	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	17	10	21%	37	79%	43%	57%

ID Sampel	H1 = Ayam crispy					H2 = Telur balado			H3 = ayam tepung			H4 = telur puyuh rebus			H5 = telur ayam rebus					Rata - rata	
	Berat/Porsi = 53 g					Berat/Porsi = 47 G			Berat/Porsi = 65 G			Berat/Porsi = 26 g			Berat/Porsi = 81 g						
	BDD = 58% (30,7 g)					BDD = 100%			BDD = 100%			BDD = 100%			BDD = 58% (47 g)						
	Sisa			Dikonsumsi		Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa			Dikonsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	%	%	g	%	%	g	%	%	g	BB	%	g	%	%	%
AR	0	0	0%	31	100%	17	36%	64%	0	0%	100%	26	100%	0%	55	32	68%	15	32%	41%	59%
AR	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	36	21	44%	26	56%	48%	52%
HYS	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	70	41	86%	6	14%	56%	44%
KA	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	64	37	79%	10	21%	55%	45%
RS	40	23	75%	8	25%	13	28%	72%	0	0%	100%	26	100%	0%	10	6	12%	41	88%	43%	57%
AAL	0	0	0%	31	100%	41	87%	13%	0	0%	100%	26	100%	0%	11	6	14%	41	86%	40%	60%
DBD	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	42	24	52%	23	48%	50%	50%
JC	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	0	0	0%	47	100%	20%	80%
KMS	12	7	23%	24	77%	0	0%	100%	0	0%	100%	26	100%	0%	75	44	93%	4	7%	43%	57%
NPI	17	10	32%	21	68%	21	45%	55%	0	0%	100%	26	100%	0%	81	47	100%	0	0%	55%	45%
AS	19	11	36%	20	64%	0	0%	100%	0	0%	100%	26	100%	0%	80	46	99%	1	1%	47%	53%
ACB	0	0	0%	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	60	35	74%	12	26%	52%	48%
EA	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	53	31	65%	16	35%	33%	67%
JK	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	64	37	79%	10	21%	36%	64%
MT	28	16	53%	14	47%	27	57%	43%	0	0%	100%	26	100%	0%	62	36	77%	11	23%	57%	43%
AJA	42	24	79%	6	21%	40	85%	15%	0	0%	100%	26	100%	0%	79	46	98%	1	2%	72%	28%
CB	0	0	0%	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	50	29	62%	18	38%	49%	51%
EB	0	0	0%	31	100%	0	0%	100%	0	0%	100%	26	100%	0%	0	0	0%	47	100%	20%	80%
K	29	17	55%	14	45%	0	0%	100%	0	0%	100%	26	100%	0%	68	39	84%	8	16%	48%	52%
NC	0	0	0%	31	100%	45	96%	4%	0	0%	100%	26	100%	0%	17	10	21%	37	79%	43%	57%
RBSC	0	0	0	31	100%	40	85%	15%	0	0%	100%	26	100%	0%	60	35	74%	12	26%	52%	48%

ID Sampel	H1 = Tahu Goreng			H2 = Tempe goreng			H3 = Tahu Goreng			H4 = Kacang goreng			H5 = keripik tempe			Rata - rata	
	Berat/Porsi = 39 g			Berat/Porsi = 28 g			Berat/Porsi = 35 g			Berat/Porsi = 34 g			Berat/Porsi = 13 g				
	BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	g	%	%	g	%	%	g	%	%	%	%
AFR	0	0%	100%	0	0%	100%	28	80%	20%	34	100%	0%	10	77%	23%	51%	49%
AZ	0	0%	100%	5	18%	82%	35	100%	0%	34	100%	0%	7	54%	46%	54%	46%
DKG	0	0%	100%	25	89%	11%	0	0%	100%	34	100%	0%	4	31%	69%	44%	56%
HZP	0	0%	100%	17	61%	39%	35	100%	0%	34	100%	0%	9	69%	31%	66%	34%
NRY	0	0%	100%	25	89%	11%	34	97%	3%	34	100%	0%	7	54%	46%	68%	32%
RCS	0	0%	100%	0	0%	100%	11	31%	69%	34	100%	0%	5	38%	62%	34%	66%
AHN	35	90%	10%	28	100%	0%	0	0%	100%	34	100%	0%	13	100%	0%	78%	22%
CPS	0	0%	100%	0	0%	100%	35	100%	0%	34	100%	0%	3	23%	77%	45%	55%
DK	35	90%	10%	19	68%	32%	0	0%	100%	34	100%	0%	6	46%	54%	61%	39%
JAN	12	31%	69%	9	32%	68%	26	74%	26%	34	100%	0%	2	15%	85%	51%	49%
NH	0	0%	100%	25	89%	11%	0	0%	100%	34	100%	0%	10	77%	23%	53%	47%
SRP	0	0%	100%	20	71%	29%	0	0%	100%	34	100%	0%	0	0%	100%	34%	66%
AAA	0	0%	100%	15	54%	46%	0	0%	100%	34	100%	0%	0	0%	100%	31%	69%
CL	0	0%	100%	0	0%	100%	0	0%	100%	34	100%	0%	0	0%	100%	20%	80%
DACS	0	0%	100%	23	82%	18%	16	46%	54%	34	100%	0%	0	0%	100%	46%	54%
MEM	38	97%	3%	20	71%	29%	35	100%	0%	34	100%	0%	0	0%	100%	74%	26%
NMN	0	0%	100%	7	25%	75%	25	71%	29%	34	100%	0%	4	31%	69%	45%	55%
RPB	0	0%	100%	0	0%	100%	11	31%	69%	34	100%	0%	2	15%	85%	29%	71%
ANN	37	95%	5%	0	0%	100%	36	103%	-3%	34	100%	0%	10	77%	23%	75%	25%
ASAN	0	0%	100%	17	61%	39%	31	89%	11%	34	100%	0%	0	0%	100%	50%	50%

ID Sampel	H1 = Tahu Goreng			H2 = Tempe goreng			H3 = Tahu Goreng			H4 = Kacang goreng			H5 = Keripik tempe			Rata - rata	
	Berat/Porsi = 39 g			Berat/Porsi = 28 g			Berat/Porsi = 35 g			Berat/Porsi = 34 g			Berat/Porsi = 13 g				
	BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	g	%	%	g	%	%	g	%	%	%	%
CG	0	0%	100%	0	0%	100%	28	80%	20%	34	100%	0%	10	77%	23%	51%	49%
GSA	0	0%	100%	5	18%	82%	35	100%	0%	34	100%	0%	7	54%	46%	54%	46%
NA	0	0%	100%	25	89%	11%	0	0%	100%	34	100%	0%	4	31%	69%	44%	56%
RP	0	0%	100%	17	61%	39%	35	100%	0%	34	100%	0%	9	69%	31%	66%	34%
AA	0	0%	100%	25	89%	11%	34	97%	3%	34	100%	0%	7	54%	46%	68%	32%
AGK	0	0%	100%	0	0%	100%	11	31%	69%	34	100%	0%	5	38%	62%	34%	66%
ER	35	90%	10%	28	100%	0%	0	0%	100%	34	100%	0%	13	100%	0%	78%	22%
GAH	0	0%	100%	0	0%	100%	35	100%	0%	34	100%	0%	3	23%	77%	45%	55%
N	35	90%	10%	19	68%	32%	0	0%	100%	34	100%	0%	6	46%	54%	61%	39%
RAP	12	31%	69%	9	32%	68%	26	74%	26%	34	100%	0%	2	15%	85%	51%	49%
ABS	0	0%	100%	25	89%	11%	0	0%	100%	34	100%	0%	10	77%	23%	53%	47%
AA	0	0%	100%	20	71%	29%	0	0%	100%	34	100%	0%	0	0%	100%	34%	66%
FR	0	0%	100%	15	54%	46%	0	0%	100%	34	100%	0%	0	0%	100%	31%	69%
JHT	0	0%	100%	0	0%	100%	0	0%	100%	34	100%	0%	0	0%	100%	20%	80%
NR	0	0%	100%	23	82%	18%	16	46%	54%	34	100%	0%	0	0%	100%	46%	54%
RAS	38	97%	3%	20	71%	29%	35	100%	0%	34	100%	0%	0	0%	100%	74%	26%
AT	0	0%	100%	7	25%	75%	25	71%	29%	34	100%	0%	4	31%	69%	45%	55%
GAS	0	0%	100%	0	0%	100%	11	31%	69%	34	100%	0%	2	15%	85%	29%	71%
JP	37	95%	5%	0	0%	100%	36	103%	-3%	34	100%	0%	10	77%	23%	75%	25%
LMB	0	0%	100%	17	61%	39%	31	89%	11%	34	100%	0%	0	0%	100%	50%	50%

ID Sampel	H1 = Tahu Goreng			H2 = Tempe goreng			H3 = Tahu Goreng			H4 = Kacang goreng			H5 = keripik tempe			Rata - rata	
	Berat/Porsi = 39 g			Berat/Porsi = 28 g			Berat/Porsi = 35 g			Berat/Porsi = 34 g			Berat/Porsi = 13 g				
	BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	g	%	%	g	%	%	g	%	%	%	%
MRM	0	0%	100%	0	0%	100%	28	80%	20%	34	100%	0%	10	77%	23%	51%	49%
NMG	0	0%	100%	5	18%	82%	35	100%	0%	34	100%	0%	7	54%	46%	54%	46%
SS	0	0%	100%	25	89%	11%	0	0%	100%	34	100%	0%	4	31%	69%	44%	56%
BX	0	0%	100%	17	61%	39%	35	100%	0%	34	100%	0%	9	69%	31%	66%	34%
HK	0	0%	100%	25	89%	11%	34	97%	3%	34	100%	0%	7	54%	46%	68%	32%
JMS	0	0%	100%	0	0%	100%	11	31%	69%	34	100%	0%	5	38%	62%	34%	66%
MPG	35	90%	10%	28	100%	0%	0	0%	100%	34	100%	0%	13	100%	0%	78%	22%
NMG	0	0%	100%	0	0%	100%	35	100%	0%	34	100%	0%	3	23%	77%	45%	55%
RK	35	90%	10%	19	68%	32%	0	0%	100%	34	100%	0%	6	46%	54%	61%	39%
AET	12	31%	69%	9	32%	68%	26	74%	26%	34	100%	0%	2	15%	85%	51%	49%
AMR	0	0%	100%	25	89%	11%	0	0%	100%	34	100%	0%	10	77%	23%	53%	47%
EJD	0	0%	100%	20	71%	29%	0	0%	100%	34	100%	0%	0	0%	100%	34%	66%
KTA	0	0%	100%	15	54%	46%	0	0%	100%	34	100%	0%	0	0%	100%	31%	69%
NHS	0	0%	100%	0	0%	100%	0	0%	100%	34	100%	0%	0	0%	100%	20%	80%
RG	0	0%	100%	23	82%	18%	16	46%	54%	34	100%	0%	0	0%	100%	46%	54%
AR	38	97%	3%	20	71%	29%	35	100%	0%	34	100%	0%	0	0%	100%	74%	26%
AR	0	0%	100%	7	25%	75%	25	71%	29%	34	100%	0%	4	31%	69%	45%	55%
HYS	0	0%	100%	0	0%	100%	11	31%	69%	34	100%	0%	2	15%	85%	29%	71%
KA	37	95%	5%	0	0%	100%	36	103%	-3%	34	100%	0%	10	77%	23%	75%	25%
RS	0	0%	100%	17	61%	39%	31	89%	11%	34	100%	0%	0	0%	100%	50%	50%

ID Sampel	H1 = Tahu Goreng			H2 = Tempe goreng			H3 = Tahu Goreng			H4 = Kacang goreng			H5 = keripik tempe			Rata - rata	
	Berat/Porsi = 39 g			Berat/Porsi = 28 g			Berat/Porsi = 35 g			Berat/Porsi = 34 g			Berat/Porsi = 13 g				
	BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	g	%	%	g	%	%	g	%	%	%	%
AAL	0	0%	100%	0	0%	100%	28	80%	20%	34	100%	0%	10	77%	23%	51%	49%
DBD	0	0%	100%	5	18%	82%	35	100%	0%	34	100%	0%	7	54%	46%	54%	46%
JC	0	0%	100%	25	89%	11%	0	0%	100%	34	100%	0%	4	31%	69%	44%	56%
KMS	0	0%	100%	17	61%	39%	35	100%	0%	34	100%	0%	9	69%	31%	66%	34%
NPI	0	0%	100%	25	89%	11%	34	97%	3%	34	100%	0%	7	54%	46%	68%	32%
AS	0	0%	100%	0	0%	100%	11	31%	69%	34	100%	0%	5	38%	62%	34%	66%
ACB	35	90%	10%	28	100%	0%	0	0%	100%	34	100%	0%	13	100%	0%	78%	22%
EA	0	0%	100%	0	0%	100%	35	100%	0%	34	100%	0%	3	23%	77%	45%	55%
JK	35	90%	10%	19	68%	32%	0	0%	100%	34	100%	0%	6	46%	54%	61%	39%
MT	12	31%	69%	9	32%	68%	26	74%	26%	34	100%	0%	2	15%	85%	51%	49%
AJA	0	0%	100%	25	89%	11%	0	0%	100%	34	100%	0%	10	77%	23%	53%	47%
EJD	0	0%	100%	20	71%	29%	0	0%	100%	34	100%	0%	0	0%	100%	34%	66%
CB	0	0%	100%	15	54%	46%	0	0%	100%	34	100%	0%	0	0%	100%	31%	69%
EB	0	0%	100%	0	0%	100%	0	0%	100%	34	100%	0%	0	0%	100%	20%	80%
K	0	0%	100%	23	82%	18%	16	46%	54%	34	100%	0%	0	0%	100%	46%	54%
NC	38	97%	3%	20	71%	29%	35	100%	0%	34	100%	0%	0	0%	100%	74%	26%
RBSC	0	0%	100%	7	25%	75%	25	71%	29%	34	100%	0%	4	31%	69%	45%	55%

ID Sampel	H1 =bening buncis wortel			H2 = Tumis labu siam			H4 = tumis buncis wortel			Rata - rata	
	Berat/Porsi = 36 g			Berat/Porsi = 30 g			Berat/Porsi = 15 g				
	BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	%	g	%	%	%
	5	14%	86%	9	30%	70%	15	100%	0%	69%	69%
MHA	33	92%	8%	24	80%	20%	15	100%	0%	72%	72%
NFI	26	72%	28%	27	90%	10%	15	100%	0%	92%	92%
NAM	17	47%	53%	23	77%	23%	15	100%	0%	75%	75%
RZL	35	97%	3%	25	83%	17%	15	100%	0%	88%	88%
RAN	20	56%	44%	0	0%	100%	15	100%	0%	44%	44%
RAD	0	0%	100%	25	83%	17%	15	100%	0%	60%	60%
RS	31	86%	14%	25	83%	17%	15	100%	0%	80%	80%
R	17	47%	53%	23	77%	23%	15	100%	0%	69%	69%
SAP	35	97%	3%	28	93%	7%	15	100%	0%	97%	97%
SHN	27	75%	25%	25	83%	17%	15	100%	0%	77%	77%
SFR	21	58%	42%	26	87%	13%	15	100%	0%	77%	77%
TAS	32	89%	11%	27	90%	10%	15	100%	0%	76%	76%
ZDP	29	81%	19%	27	90%	10%	15	100%	0%	88%	88%
J	29	81%	19%	29	97%	3%	15	100%	0%	84%	84%
Rata - Rata	26	73%	27%	23	77%	23%	15	23%	0%	61%	24%

ID Sampel	H1 =bening buncis wortel			H2 = Tumis labu siam			H4 = tumis buncis wortel			Rata - rata	
	Berat/Porsi = 36 g			Berat/Porsi = 30 g			Berat/Porsi = 15 g				
	BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	%	g	%	%	%
AFR	5	14%	86%	9	30%	70%	15	100%	0%	69%	69%
AZ	33	92%	8%	24	80%	20%	15	100%	0%	72%	72%
DKG	26	72%	28%	27	90%	10%	15	100%	0%	92%	92%
HZP	17	47%	53%	23	77%	23%	15	100%	0%	75%	75%
NRY	35	97%	3%	25	83%	17%	15	100%	0%	88%	88%
RCS	20	56%	44%	0	0%	100%	15	100%	0%	44%	44%
AHN	0	0%	100%	25	83%	17%	15	100%	0%	60%	60%
CPS	31	86%	14%	25	83%	17%	15	100%	0%	80%	80%
DK	17	47%	53%	23	77%	23%	15	100%	0%	69%	69%
JAN	35	97%	3%	28	93%	7%	15	100%	0%	97%	97%
NH	27	75%	25%	25	83%	17%	15	100%	0%	77%	77%
SRP	21	58%	42%	26	87%	13%	15	100%	0%	77%	77%
AAA	32	89%	11%	27	90%	10%	15	100%	0%	76%	76%
CL	29	81%	19%	27	90%	10%	15	100%	0%	88%	88%
DACS	29	81%	19%	29	97%	3%	15	100%	0%	84%	84%
Rata - Rata	26	73%	27%	23	77%	23%	15	23%	0%	61%	24%

ID Sampel	H1 =bening buncis wortel			H2 = Tumis labu siam			H4 = tumis buncis wortel			Rata - rata	
	Berat/Porsi = 36 g			Berat/Porsi = 30 g			Berat/Porsi = 15 g				
	BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	%	g	%	%	%
MEM	5	14%	86%	9	30%	70%	15	100%	0%	69%	69%
NMN	33	92%	8%	24	80%	20%	15	100%	0%	72%	72%
RPB	26	72%	28%	27	90%	10%	15	100%	0%	92%	92%
ANN	17	47%	53%	23	77%	23%	15	100%	0%	75%	75%
ASAN	35	97%	3%	25	83%	17%	15	100%	0%	88%	88%
CG	20	56%	44%	0	0%	100%	15	100%	0%	44%	44%
GSA	0	0%	100%	25	83%	17%	15	100%	0%	60%	60%
NA	31	86%	14%	25	83%	17%	15	100%	0%	80%	80%
RP	17	47%	53%	23	77%	23%	15	100%	0%	69%	69%
AA	35	97%	3%	28	93%	7%	15	100%	0%	97%	97%
AGK	27	75%	25%	25	83%	17%	15	100%	0%	77%	77%
ER	21	58%	42%	26	87%	13%	15	100%	0%	77%	77%
GAH	32	89%	11%	27	90%	10%	15	100%	0%	76%	76%
N	29	81%	19%	27	90%	10%	15	100%	0%	88%	88%
RAP	29	81%	19%	29	97%	3%	15	100%	0%	84%	84%
Rata - Rata	26	73%	27%	23	77%	23%	15	23%	0%	61%	24%

ID Sampel	H1 =bening buncis wortel			H2 = Tumis labu siam			H4 = tumis buncis wortel			Rata - rata	
	Berat/Porsi = 36 g			Berat/Porsi = 30 g			Berat/Porsi = 15 g				
	BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	%	g	%	%	%
ABS	5	14%	86%	9	30%	70%	15	100%	0%	69%	69%
AA	33	92%	8%	24	80%	20%	15	100%	0%	72%	72%
FR	26	72%	28%	27	90%	10%	15	100%	0%	92%	92%
JHT	17	47%	53%	23	77%	23%	15	100%	0%	75%	75%
NR	35	97%	3%	25	83%	17%	15	100%	0%	88%	88%
RAS	20	56%	44%	0	0%	100%	15	100%	0%	44%	44%
AT	0	0%	100%	25	83%	17%	15	100%	0%	60%	60%
GAS	31	86%	14%	25	83%	17%	15	100%	0%	80%	80%
JP	17	47%	53%	23	77%	23%	15	100%	0%	69%	69%
LMB	35	97%	3%	28	93%	7%	15	100%	0%	97%	97%
NS	27	75%	25%	25	83%	17%	15	100%	0%	77%	77%
RA	21	58%	42%	26	87%	13%	15	100%	0%	77%	77%
AZP	32	89%	11%	27	90%	10%	15	100%	0%	76%	76%
GT	29	81%	19%	27	90%	10%	15	100%	0%	88%	88%
JMS	29	81%	19%	29	97%	3%	15	100%	0%	84%	84%
Rata - Rata	26	73%	27%	23	77%	23%	15	23%	0%	61%	24%

ID Sampel	H1 =bening buncis wortel			H2 = Tumis labu siam			H4 = tumis buncis wortel			Rata - rata	
	Berat/Porsi = 36 g			Berat/Porsi = 30 g			Berat/Porsi = 15 g				
	BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	%	g	%	%	%
MRM	5	14%	86%	9	30%	70%	15	100%	0%	69%	69%
NMG	33	92%	8%	24	80%	20%	15	100%	0%	72%	72%
SS	26	72%	28%	27	90%	10%	15	100%	0%	92%	92%
BX	17	47%	53%	23	77%	23%	15	100%	0%	75%	75%
HK	35	97%	3%	25	83%	17%	15	100%	0%	88%	88%
JMS	20	56%	44%	0	0%	100%	15	100%	0%	44%	44%
MPG	0	0%	100%	25	83%	17%	15	100%	0%	60%	60%
NMG	31	86%	14%	25	83%	17%	15	100%	0%	80%	80%
RK	17	47%	53%	23	77%	23%	15	100%	0%	69%	69%
AET	35	97%	3%	28	93%	7%	15	100%	0%	97%	97%
AMR	27	75%	25%	25	83%	17%	15	100%	0%	77%	77%
EJD	21	58%	42%	26	87%	13%	15	100%	0%	77%	77%
KTA	32	89%	11%	27	90%	10%	15	100%	0%	76%	76%
NHS	29	81%	19%	27	90%	10%	15	100%	0%	88%	88%
RG	29	81%	19%	29	97%	3%	15	100%	0%	84%	84%
Rata - Rata	26	73%	27%	23	77%	23%	15	23%	0%	61%	24%

ID Sampel	H1 =bening buncis wortel			H2 = Tumis labu siam			H4 = tumis buncis wortel			Rata - rata	
	Berat/Porsi = 36 g			Berat/Porsi = 30 g			Berat/Porsi = 15 g				
	BDD = 100%			BDD = 100%			BDD = 100%				
	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa		Dikonsumsi	Sisa	Dikonsumsi
	g	%	%	g	%	%	%	g	%	%	%
AR	5	14%	86%	9	30%	70%	15	100%	0%	69%	69%
AR	33	92%	8%	24	80%	20%	15	100%	0%	72%	72%
HYS	26	72%	28%	27	90%	10%	15	100%	0%	92%	92%
KA	17	47%	53%	23	77%	23%	15	100%	0%	75%	75%
RS	35	97%	3%	25	83%	17%	15	100%	0%	88%	88%
AAL	20	56%	44%	0	0%	100%	15	100%	0%	44%	44%
DBD	0	0%	100%	25	83%	17%	15	100%	0%	60%	60%
JC	31	86%	14%	25	83%	17%	15	100%	0%	80%	80%
KMS	17	47%	53%	23	77%	23%	15	100%	0%	69%	69%
NPI	35	97%	3%	28	93%	7%	15	100%	0%	97%	97%
AS	27	75%	25%	25	83%	17%	15	100%	0%	77%	77%
ACB	21	58%	42%	26	87%	13%	15	100%	0%	77%	77%
EA	32	89%	11%	27	90%	10%	15	100%	0%	76%	76%
JK	29	81%	19%	27	90%	10%	15	100%	0%	88%	88%
MT	29	81%	19%	29	97%	3%	15	100%	0%	84%	84%
AJA	26	73%	27%	23	77%	23%	15	23%	0%	61%	24%

ID Sampel	H1 = salak					H2 = buah naga					H3 = Buah Naga					H4 = Jeruk					H5 (Buah = 58)					Rata - rata	
	Berat/Porsi = 61 g					Berat/Porsi = 75 g					Berat/Porsi = 65 g					Berat/Porsi = 67 g					Berat/Porsi = 58 g						
	BDD = 75% (45,5 g)					BDD = 58% (43,5 g)					BDD = 67% (43,6 g)					BDD = 72% (48,2 g)					BDD = 75% (44 g)						
	Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikomsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	%	%
AFR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AZ	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
DKG	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
HZP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NRY	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
RCS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AHN	0	0	0%	46	100%	0	0	0%	44	100%	45	30	69%	13	31%	0	0	0%	48	100%	0	0	0%	44	100%	14%	86%
CPS	0	0	0%	46	100%	27	16	36%	28	64%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	7%	93%
DK	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
JAN	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NH	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
SRP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AAA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
CL	0	0	0%	46	100%	20	12	27%	32	73%	0	0	0%	44	100%	0	0	0%	48	100%	9	7	16%	37	84%	8%	92%
DACS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	35	26	60%	17	40%	12%	88%
MEM	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NMN	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RPB	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
ANN	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
ASAN	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%

ID Sampel	H1 = Pisang					H2 = Melon					H3 = Buah Naga					H4 = Jeruk					H5 (Buah = 58)					Rata - rata	
	Berat/Porsi = 61 g					Berat/Porsi = 75 g					Berat/Porsi = 65 g					Berat/Porsi = 67 g					Berat/Porsi = 58 g						
	BDD = 75% (45,5 g)					BDD = 58% (43,5 g)					BDD = 67% (43,6 g)					BDD = 72% (48,2 g)					BDD = 75% (44 g)						
	Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikomsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	%	%
CG	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
GSA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
AGK	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
ER	0	0	0%	46	100%	0	0	0%	44	100%	45	30	69%	13	31%	0	0	0%	48	100%	0	0	0%	44	100%	14%	86%
GAH	0	0	0%	46	100%	27	16	36%	28	64%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	7%	93%
N	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RAP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
ABS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
FR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
JHT	0	0	0%	46	100%	20	12	27%	32	73%	0	0	0%	44	100%	0	0	0%	48	100%	9	7	16%	37	84%	8%	92%
NR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	35	26	60%	17	40%	12%	88%
RAS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AT	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
GAS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
JP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
LMB	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%

ID Sampel	H1 = Pisang					H2 = Melon					H3 = Buah Naga					H4 = Jeruk					H5 (Buah = 58)					Rata - rata	
	Berat/Porsi = 61 g					Berat/Porsi = 75 g					Berat/Porsi = 65 g					Berat/Porsi = 67 g					Berat/Porsi = 58 g						
	BDD = 75% (45,5 g)					BDD = 58% (43,5 g)					BDD = 67% (43,6 g)					BDD = 72% (48,2 g)					BDD = 75% (44 g)						
	Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikomsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	%	%
AFR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AZ	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
DKG	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
HZP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NRY	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
RCS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AHN	0	0	0%	46	100%	0	0	0%	44	100%	45	30	69%	13	31%	0	0	0%	48	100%	0	0	0%	44	100%	14%	86%
CPS	0	0	0%	46	100%	27	16	36%	28	64%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	7%	93%
DK	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
JAN	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NH	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
SRP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AAA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
CL	0	0	0%	46	100%	20	12	27%	32	73%	0	0	0%	44	100%	0	0	0%	48	100%	9	7	16%	37	84%	8%	92%
DACS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	35	26	60%	17	40%	12%	88%
MEM	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NMN	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RPB	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
ANN	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
ASAN	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%

ID Sampel	H1 = Pisang					H2 = Melon					H3 = Buah Naga					H4 = Jeruk					H5 (Buah = 58)					Rata - rata	
	Berat/Porsi = 61 g					Berat/Porsi = 75 g					Berat/Porsi = 65 g					Berat/Porsi = 67 g					Berat/Porsi = 58 g						
	BDD = 75% (45,5 g)					BDD = 58% (43,5 g)					BDD = 67% (43,6 g)					BDD = 72% (48,2 g)					BDD = 75% (44 g)						
	Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikomsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	%	%
CG	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
GSA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
AGK	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
ER	0	0	0%	46	100%	0	0	0%	44	100%	45	30	69%	13	31%	0	0	0%	48	100%	0	0	0%	44	100%	14%	86%
GAH	0	0	0%	46	100%	27	16	36%	28	64%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	7%	93%
N	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RAP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
ABS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
FR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
JHT	0	0	0%	46	100%	20	12	27%	32	73%	0	0	0%	44	100%	0	0	0%	48	100%	9	7	16%	37	84%	8%	92%
NR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	35	26	60%	17	40%	12%	88%
RAS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AT	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
GAS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
JP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
LMB	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%

ID Sampel	H1 = Pisang					H2 = Melon					H3 = Buah Naga					H4 = Jeruk					H5 (Buah = 58)					Rata - rata	
	Berat/Porsi = 61 g					Berat/Porsi = 75 g					Berat/Porsi = 65 g					Berat/Porsi = 67 g					Berat/Porsi = 58 g						
	BDD = 75% (45,5 g)					BDD = 58% (43,5 g)					BDD = 67% (43,6 g)					BDD = 72% (48,2 g)					BDD = 75% (44 g)						
	Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikomsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	%	%
NS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AZP	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
GT	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
JMS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
MRM	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NMG	0	0	0%	46	100%	0	0	0%	44	100%	45	30	69%	13	31%	0	0	0%	48	100%	0	0	0%	44	100%	14%	86%
SS	0	0	0%	46	100%	27	16	36%	28	64%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	7%	93%
BX	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
HK	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
JMS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
MPG	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NMG	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
RK	0	0	0%	46	100%	20	12	27%	32	73%	0	0	0%	44	100%	0	0	0%	48	100%	9	7	16%	37	84%	8%	92%
AET	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	35	26	60%	17	40%	12%	88%
AMR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
EJD	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
KTA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
NHS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RG	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%

ID Sampel	H1 = Pisang					H2 = Melon					H3 = Buah Naga					H4 = Jeruk					H5 (Buah = 58)					Rata - rata	
	Berat/Porsi = 61 g					Berat/Porsi = 75 g					Berat/Porsi = 65 g					Berat/Porsi = 67 g					Berat/Porsi = 58 g						
	BDD = 75% (45,5 g)					BDD = 58% (43,5 g)					BDD = 67% (43,6 g)					BDD = 72% (48,2 g)					BDD = 75% (44 g)						
	Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikonsumsi		Sisa			Dikomsumsi		Sisa	Dikonsumsi
	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	g	BB	%	g	%	%	%
AR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AR	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
HYS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
KA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
AAL	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
DBD	0	0	0%	46	100%	0	0	0%	44	100%	45	30	69%	13	31%	0	0	0%	48	100%	0	0	0%	44	100%	14%	86%
JC	0	0	0%	46	100%	27	16	36%	28	64%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	7%	93%
KMS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NPI	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
AS	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
ACB	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
EA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
JK	0	0	0%	46	100%	20	12	27%	32	73%	0	0	0%	44	100%	0	0	0%	48	100%	9	7	16%	37	84%	8%	92%
MT	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	35	26	60%	17	40%	12%	88%
AJA	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
CB	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
EB	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	67	48	100%	0	0%	0	0	0%	44	100%	20%	80%
K	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
NC	0	0	0%	46	100%	0	0	0%	44	100%	0	0	0%	44	100%	0	0	0%	48	100%	0	0	0%	44	100%	0%	100%
RBSC																											

Lampiran 10 Informed Consent

(INFORMED CONSENT)

Yang bertanda tangan dibawah ini, saya orang tua dari :

Nama Anak :

Tempat, Tgl Lahir :

Alamat :

Bersedia dan mau menjadi Responden Penelitian dengan judul "Persepsi anak remaja tentang kesesuaian menu dan analisis kandungan gizi serta sisa makanan pada program MBG di SMP Negerei 1 Pancur Batu" yang dilakukan oleh :

Nama : Arda Mawaddah Sarni
NIM : P01031123097
Alamat : Pancur Batu
Instansi : Poltekkes Kemenkes Medan Jurusan Gizi Program D-III

Demikian surat pernyataan ini saya perbuat dengan sesungguhnya tanpa ada paksaan dari siapapun.

Lubuk Pakam, 2026

Tanda Tangan Subyek

(…….)

Tanda Tangan Peneliti

(Arda Mawaddah Sarni)

Lampiran 11 Bukti Bimbingan

Nama : Arda Mawaddah Sarni

Nomor Induk Mahasiswa : P0103113097

Judul : Persepsi anak remaja tentang kesesuaian menu dan analisis kandungan gizi serta sisa makanan pada program makan bergizi gratis di SMP N 1 Pancur Batu

No	Tanggal	Topik	T.Tanda Tangan Mahasiswa	T.Tanda Tangan Pembimbing
1	19 Januari 2026	Menghubungi & menyerahkan surat kepada pembimbing		
2	28 Januari 2026	Mencari referensi jurnal dan mengajukan judul		
3	4 Februari 2026	Acc judul		
4	10 Februari 2026	Mengumpulkan bab 1-2		
5	13 Februari 2026	Revisi bab 1-2		
6	20 Februari 2026	Revisi bab 3		
7	27 Februari 2026	Revisi bab 1-3		
8	05 Maret 2026	Acc bab 1-3		
9.	10 Maret 2026	Seminar Proposal		

10.	28 Maret 2026	Revisi proposal dengan dosen pembimbing		
11.	1 April 2026	Revisi proposal dengan dosen penguji I		
12.	4 April 2026	Revisi proposal dengan dosen penguji II		
13.	11 April 2026	Acc dari dosen penguji I		
14.	17 April 2026	Revisi proposal dengan dosen penguji II		
15.	23 April 2026	Acc dari dosen penguji II		
16.	10 Mei 2026	Diskusi pengolahan data dan pembuatan table		
17.	15 Mei 2026	Penulisan hasil dan pembahasan		
18.	20 Mei 2026	Perbaikan hasil dan pembahasan		
19.	25 Mei 2026	Diskusi keseluruhan KTI dan daftar sidang KTI		
21	8 Juni 2026	Seminar Hasil didepan penguji		

22	7 Juli 2026	Revisi keseluruhan KTI oleh pembimbing		
23	22 Juli 2026	Revisi keseluruhan KTI dengan penguji I		
24	27 Juli 2026	Revisi keseluruhan KTI dengan penguji II		
25	29 Juli 2026	Bimbingan Abstrak dengan dosen pembimbing		
26	22 September 2026	Stempel abstrak		
27	24 September 2026	Turnitin KTI		
28	25 September 2026	Merapikan seluruh KTI dan jilid lux		

Lampiran 12 Dokumentasi





Menu 1



Menu 2



Menu 3



Menu 4







Menu 5



Menu 6



Sisa makanan





Lampiran 13 Nama Absen

NO	NAMA KELAS VII-1	JENIS KELAMIN
1	AFR	L
2	AZ	P
3	DKG	L
4	HZP	L
5	NRY	P
6	RCS	L
NO	**NAMA KELAS VII-2**	**JENIS KELAMIN**
1	AHN	L
2	CPS	L
3	DK	L
4	JAN	L
5	NH	P
6	SRP	P
NO	**NAMA KELAS VII-3**	**JENIS KELAMIN**
1	AAA	L
2	CL	P
3	DACS	P
4	MEM	P
5	NMN	P
6	RPB	P
NO	**NAMA KELAS VII-4**	**JENIS KELAMIN**
1	ANN	P
2	ASAN	L
3	CG	P
4	GSA	L
5	NA	P
6	RP	L
NO	**NAMA KELAS VII-5**	**JENIS KELAMIN**
1	AA	P
2	AGK	P
3	ER	P
4	GAH	P
5	N	P

6	RAP	L
NO	**NAMA KELAS VII-6**	**JENIS KELAMIN**
1	ABS	L
2	AA	P
3	FR	L
4	JHT	L
5	NR	P
6	RAS	L
NO	**NAMA KELAS VII-7**	**JENIS KELAMIN**
1	AT	P
2	GAS	P
3	JP	L
4	LMB	P
5	NS	P
6	RA	P
NO	**NAMA KELAS VIII-1**	**JENIS KELAMIN**
1	AZP	L
2	GT	P
3	JMS	P
4	MRM	L
5	NMG	P
6	SS	P
NO	**NAMA KELAS VIII-2**	**JENIS KELAMIN**
1	BX	L
2	HK	P
3	JMS	L
4	MPG	P
5	NMG	P
6	RK	L

NO	NAMA KELAS VIII-3	JENIS KELAMIN
1	AET	L
2	AMR	L
3	EJD	L
4	KTA	P
5	NHS	P
6	RG	L
NO	**NAMA KELAS VIII-4**	**JENIS KELAMIN**
1	AR	L
2	AR	P
3	HYS	L
4	KA	P
5	RS	L
NO	**NAMA KELAS VIII-5**	**JENIS KELAMIN**
1	AAL	P
2	DBD	L
3	JC	P
4	KMS	P
5	NPI	P
NO	**NAMA KELAS VIII-6**	**JENIS KELAMIN**
1	AS	L
2	ACB	P
3	EA	P
4	JK	P
5	MT	L
NO	**NAMA KELAS VIII-7**	**JENIS KELAMIN**
1	AJA	P
2	CB	P
3	EB	P
4	K	P
5	NC	L
6	RBSC	L