

KONSUMSI BAHAN MAKANAN SISWA BERDASARKAN JENIS DAN JUMLAH

| Kelompok | Jenis Bahan Makanan | Porsi/Hari | Porsi/gram | Keterangan |
|------------------|---------------------|------------|------------|---------------|
| Makanan Pokok | Nasi | 2-3 | 200-300 | |
| | Mie Instan | >3 | >240 | |
| | Macaroni | 1-2 | 100-200 | |
| | Tepung terigu | 1-2 | 40-80 | |
| Lauk Hewani | Daging ayam | 1-2 | 30-40 | |
| | Kulit ayam | 1-2 | 20-40 | |
| | Kepala ayam | 1-2 | 20-40 | |
| | Sosis | 1 | 20-40 | |
| | Nugget | 1 | 20-40 | |
| | Telur | 1-2 | 50-100 | |
| Lauk Nabati | Tahu | 1 | 20-40 | |
| | Tempe | 1 | 20-40 | |
| Sayur | Kool | <1 | 5-10 | |
| | Caisin | <1 | 5-10 | |
| | Terong | <1 | 5-10 | |
| | Labu siam | <1 | 5-10 | |
| Buah | Pisang | 1 | 80 | Hanya 1 orang |
| | Apel | 1 | 80 | Hanya 1 orang |
| | Buah naga | 1 | 40 | Hanya 1 orang |
| Lemak dan minyak | Margarin | 1-2 | 5 | |
| | Minyak kelapa sawit | 1-3 | 5 | |
| Gula dan Susu | Gula pasir | >3 | 30-40 | |
| | Susu kental manis | >3 | 30-40 | |