

LAMPIRAN 1

DAFTAR NILAI UJI T. DEPENDEN DAN INDEPENDEN

NO	KELOMPOK	VARIABEL	JENIS UJI	NILAI T	dk	SIG
1	DIET	BB awal - BB 1	Dependen	2,421	35	0,021
		BB 1 - BB 2		1,616		0,115
		KGD Puasa awal - KGD puasa 1		3,307		0,002
		KGD Puasa 1 - KGD puasa 2		0,256		0,800
		KGD Post awal - KGD post 1		2,842		0,007
		KGD Post 1 - KGD post 2		1,580		0,123
2	DIET + ME	BB awal - BB 1	Dependen	2,665	35	0,012
		BB 1 - BB 2		0,264		0,793
		KGD Puasa awal - KGD puasa 1		3,968		0,000
		KGD Puasa 1 - KGD puasa 2		0,750		0,458
		KGD Post awal - KGD post 1		4,325		0,000
		KGD Post 1 - KGD post 2		1,382		0,176
3	Antar Kelompok	Selisih BB awal - BB 1	Independen	(-) 0,110	70	0,913
		Selisih BB 1 - BB 2		(-) 0,759		0,450
		Selisih KGD Puasa awal - KGD puasa 1		(-) 0,439		0,662
		Selisih KGD Puasa 1 - KGD puasa 2		(-) 0,385		0,701
		Selisih KGD Post awal - KGD post 1		(-) 0,926		0,358
		Selisih KGD Post 1 - KGD post 2		0,219		0,828

III. DATA ANTROPOMETRI DAN LABORATORIUM

PEMERIKSAAN	TANGGAL OBSERVASI				Nilai
					Normal
Berat Badan					
Tinggi Badan					
Kadar Glukosa Darah:					
Puasa					126 mg/dl
2 jam PP					200 mg/dl

LAMPIRAN 3**FORMULIR ASUPAN ZAT GIZI**

Tanggal wawancara :

Hari ke :

Waktu Makan	Nama Masakan	Bahan Makanan		
		Jenis	Banyaknya	
			URT	Gram
Pagi/Jam				
Selingan				
Siang/Jam				
Selingan				
Malam/Jam				
Selingan				

LAMPIRAN 4

DATA RESPONDEN KELOMPOK DIET

No	Nama	Umur	Sex	Pekerjaan	Pendidikan	Diagnosa	lama Diagnosa (Tahun)
1	ny.ningrum	65	P	3	2	2	13
2	tn.maryono	52	L	1	4	3	1
3	ny.ng juk ji	44	P	2	5	1	1
4	ny.ninik	69	P	3	6	1	4
5	tn.supar	70	L	4	3	1	5
6	ny.sugiarti	63	P	4	4	1	4
7	tn.khoidir	65	L	4	5	1	10
8	ny.wiyani	70	P	3	3	3	2
9	ny.abu	71	P	4	5	1	10
10	tn.gatot	72	L	4	6	2	10
11	tn.sadino	63	L	4	3	1	12
12	ny.dahlia	66	P	3	3	2	10
13	ny.rohani	60	P	3	2	1	3
14	tn.sucipto	42	L	2	4	1	7
15	tn.naswir	66	L	4	5	1	5
16	tn.adung	67	L	4	4	1	2
17	ny.maria	67	P	3	3	1	15
18	ny.sukasmi	56	P	2	5	1	12
19	ny.kartini	57	P	4	3	1	22
20	tn.asmat	50	L	1	6	1	14
21	tn.indrawan	61	L	4	6	1	20
22	tn.hamdani	48	L	1	4	1	9
23	ny.misyam	64	P	4	4	3	3
24	tn.rusdian	66	L	4	5	1	25
25	ny.maryati	57	P	2	6	1	4
26	ny.srihayu	52	P	1	5	1	7
27	tn.kahrel	70	L	4	3	1	10
28	ny.suparti	63	P	3	4	1	3
29	ny.isrofiyah	54	P	3	3	1	2
30	ny.ruqiyah	70	P	3	1	2	15
31	tn.yanmusila	66	L	4	4	1	11
32	tn.a.somad	45	L	1	5	1	8
33	tn.langitan	72	L	4	4	1	20
34	tn.ichwan	66	L	4	3	1	21
35	ny.lili	61	P	4	6	1	10
36	tn.sutaryat	60	L	4	6	1	17

Keterangan :

Sex : L = Laki-laki
P = Perempuan

Pekerjaan : 1. PNS 2. Swasta
3. Ibu RT 4. Pensiunan

Tk. Pendidikan: 1. Tdk sekolah 2. SD 3. SLTP
4. SLTA 5. Akademi 6. Universitas

Diagnosa : 1. DM 2. DM + Jantung 3. DM + Hipertensi

DATA RESPONDEN KELOMPOK DIET

No	BB Awal (kg)	BB I (kg)	BB II (kg)	TB (cm)	IMT	Kategori IMT
1	51	45	45	150	20	3
2	70	70	69	162	26.7	4
3	50	47	46	150	20.8	3
4	70	68	66	157	27.6	5
5	55	53	52	160	20.7	3
6	60	57	57	147	26.37	4
7	58	55	56	159	21.75	3
8	36	38	38	150	16.8	1
9	57	55	55	150	24.4	3
10	70	67	67	168	23.74	3
11	73	71	70	165	26.07	4
12	55	43	43	150	19.1	3
13	52	48	48	145	22.83	3
14	55	52	52	165	19.1	3
15	70	65	64	160	25.4	4
16	65	62	62	160	24	3
17	52	49	48	150	21.77	3
18	45	43	43	148	19.63	3
19	55	41	41	145	19.5	3
20	48	58	58	158	23.23	3
21	60	56	56	162	21.34	3
22	65	64	64	165	23.5	3
23	37	48	45	154	20.24	3
24	62	50	50	162	19.05	3
25	58	58	60	147	26.84	4
26	61	57	56	152	24.67	3
27	73	70	70	170	24.22	3
28	45	51	50	148	23.3	3
29	73	72	75	165	26.45	4
30	70	68	68	155	28.3	5
31	75	72	72	180	22.23	3
32	50	56	56	165	20.6	3
33	61	59	58	160	23.05	3
34	79	63	63	160	24.6	3
35	50	47	47	150	20.89	3
36	58	64	62	155	22.48	3

Keterangan :

- Kategori IMT : 1 = Kurus tingkat berat
 2 = Kurus tingkat ringan
 3 = Normal
 4 = Gemuk tingkat ringan
 5 = Gemuk tingkat berat

DATA RESPONDEN KELOMPOK DIET

No	KGD Puasa Awal (mg/dl)	KGD Post Awal (mg/dl)	KGD Puasa I (mg/dl)	KGD Post I (mg/dl)	KGD Puasa II (mg/dl)	KGD Post II (mg/dl)
1	325	410	150	170	139	156
2	141	231	135	138	114	148
3	168	211	131	102	120	100
4	175	200	130	125	191	142
5	151	274	151	329	141	193
6	106	130	100	103	102	106
7	250	350	215	323	105	130
8	400	500	103	209	218	250
9	210	300	101	143	100	170
10	123	107	96	135	109	145
11	147	236	136	146	122	151
12	400	420	386	574	257	494
13	120	140	53	77	80	110
14	380	490	167	228	150	200
15	236	315	110	202	100	165
16	21	117	107	182	117	146
17	122	196	138	233	120	200
18	199	204	269	284	273	290
19	142	359	77	177	146	114
20	112	221	129	179	138	233
21	106	165	80	104	80	100
22	296	449	90	100	96	100
23	110	163	60	95	82	85
24	160	180	260	268	200	270
25	151	146	189	195	180	204
26	163	267	140	280	140	153
27	187	295	108	232	135	171
28	120	185	80	100	80	100
29	115	167	133	229	105	152
30	231	314	130	186	200	362
31	144	225	184	248	210	365
32	131	180	123	215	78	107
33	197	230	90	135	80	120
34	214	224	123	199	138	156
35	296	315	184	298	139	217
36	141	172	152	221	157	223

DATA RESPONDEN KELOMPOK DIET

No	Anjuran Diet				Kebutuhan				Asupan Zat Gizi			
	E (Kal)	P (gr)	KH (gr)	L (gr)	E (Kal)	P (gr)	KH (gr)	L (gr)	E (Kal)	P (gr)	KH (gr)	L (gr)
1	1500	60	225	40	1406.25	52.73	210.93	39.06	1243	46	199	27
2	1700	65	260	45	1757.7	65.9	285.6	39.06	1846	43	290	55
3	1700	65	260	45	1406.25	52.73	210.93	39.06	1439	51	136	61
4	1500	60	225	40	1346.63	50.5	218.83	29.9	1188	45	172	33
5	1900	70	300	50	2025	75.93	303.75	56.25	1293	37	110	26
6	1500	60	225	40	1233.75	46.3	200.48	27.4	1221	54	100	80
7	2100	80	325	55	2212.5	82.96	331.88	61.46	1854	61	313	39
8	1700	65	260	45	1631.25	61.17	265	36.25	1435	44	226	42
9	1700	65	260	45	1406.25	35.15	228.5	39.06	1049	27	167	29
10	2300	85	350	65	2295	86.06	344.25	63.75	2023	72	272	74
11	1900	70	300	50	2018.25	75.68	327.9	44.85	1432	41	234	35
12	1500	60	225	40	1406.25	52.73	210.93	39.06	1267	30	180	39
13	1500	60	225	40	1293.75	48.5	210.93	28.75	1430	39	287	52
14	2300	85	350	65	2193.75	82.3	329.06	60.93	1967	51	353	36
15	1900	70	300	50	1863	69.86	279.45	51.75	1916	57	294	54
16	1700	65	260	45	2025	75.93	303.75	56.25	2114	76	304	61
17	1500	60	225	40	1406.25	52.73	210.93	39.06	1200	24	238	15
18	1700	65	260	45	1500	56.25	225	41.67	660	19	100	37
19	2300	85	350	65	1406.26	57.13	228.5	31.25	1257	41	186	40
20	2300	85	350	65	2175	81.56	326.25	60.42	1885	62	269	60
21	1700	65	260	45	2092.5	78.47	313.87	58.13	1041	30	164	31
22	1500	65	260	45	2193.75	82.3	329.06	60.93	1006	25	163	25
23	1900	70	300	50	1518.75	56.95	227.8	42.18	1219	34	171	43
24	1700	65	260	45	2092.5	78.47	313.88	58.13	1532	34	162	72
25	1500	60	225	40	1351.25	50.67	202.7	37.5	1514	41	256	34
26	2100	80	325	55	1462.5	54.84	219.83	40.63	1437	38	184	46
27	1900	70	300	50	2362.5	88.6	354.38	65.63	1532	47	251	38
28	1500	60	225	40	1500	56.25	225	41.67	1206	39	200	29
29	1700	65	260	45	1681.86	63.07	273.3	37.38	1055	26	202	17
30	1700	65	260	45	1299.37	48.73	211.15	28.88	1502	40	143	80
31	1900	70	300	50	2673	100.23	400.95	74.25	1841	60	297	55
32	1700	65	260	45	2193.75	82.3	329.06	60.93	1931	46	134	127
33	2300	85	350	55	2025	75.94	303.75	56.25	1755	39	293	49
34	1900	70	300	50	2025	75.94	303.75	56.25	1805	49	206	86
35	1700	65	260	45	1406.25	52.73	210.93	39.06	1329	43	209	36
36	1900	70	300	50	2062.5	77.34	309.38	57.3	1741	52	210	72

Keterangan :

E = Energi

P = Protein

KH = Karbohidrat

L = Lemak

LAMPIRAN 5

DATA RESPONDEN KELOMPOK DIET + ME

No	Nama	Umur	Sex	Pekerjaan	Pendidikan	Diagnosa	lama Diagnosa (Tahun)
1	ny.emmah	70	P	3	2	3	19
2	tn.laude	65	L	4	5	1	15
3	tn.ponidi	62	L	4	5	1	5
4	ny.zubaedah	78	P	3	2	1	4
5	ny.nunung1	54	P	2	4	1	10
6	tn.a.tajudin	58	L	4	4	3	5
7	ny.romila	64	P	3	3	1	21
8	tn.miharja	74	L	4	5	1	11
9	ny.rosda	62	P	3	3	1	20
10	ny.heti	66	P	3	4	1	2
11	ny.rohani	69	P	4	2	1	20
12	ny.anna	67	P	4	4	1	6
13	ny.suharti	64	P	3	4	3	10
14	ny.nunung2	64	P	3	4	1	4
15	tn.sapri	60	L	4	6	1	1
16	tn.priyo	56	P	3	4	1	4
17	ny.nurdiana	61	P	4	4	1	11
18	tn.sudirman	53	L	2	4	1	10
19	ny.zuraidah	66	P	3	4	1	2
20	tn.hendrawan	47	L	1	6	1	7
21	ny.sumiyati	70	P	3	3	1	15
22	tn.pradisto	63	L	2	6	1	20
23	ny.sartika	52	P	3	3	1	3
24	ny.ida	67	P	3	3	2	20
25	ny.dermawi	68	P	4	5	1	10
26	ny.samsuliana	85	P	3	2	1	5
27	ny.hasana	65	P	3	2	2	10
28	ny.saodah	58	P	2	4	1	2
29	ny.zainabah	64	P	4	4	2	1
30	ny.hamiko	61	P	4	5	1	17
31	tn.alfian	64	L	4	6	1	15
32	ny.zahara	41	P	3	4	1	3
33	ny.anik	55	P	3	4	2	10
34	ny.sunarni	55	P	3	3	2	2
35	ny.sutadi	55	P	1	5	1	15
36	ny.idarosida	65	P	4	3	1	20

Keterangan :

Sex : L = Laki-laki

P = Perempuan

Pekerjaan : 1. PNS 2. Swasta
3. Ibu RT 4. Pensiunan

Tk. Pendidikan: 1. Tdk sekolah 2. SD 3. SLTP
4. SLTA 5. Akademi 6. Universitas

Diagnosa : 1. DM 2. DM + Jantung 3. DM + Hipertensi

DATA RESPONDEN KELOMPOK DIET + ME

No	BB Awal (kg)	BB I (kg)	BB II (kg)	TB (cm)	IMT	Kategori IMT
1	73	70	70	153	29.9	5
2	70	55	56	163	20.7	3
3	71	69	69	170	23.87	3
4	35	29	30	155	12.07	1
5	56	53	53	154	22.35	3
6	87	85	85	167	30.5	5
7	75	73	72	156	29.99	5
8	50	48	48	155	19.98	3
9	53	50	49	148	22.83	3
10	52	51	51	150	22.67	3
11	50	48	47	153	20.5	3
12	65	63	62	160	24.6	3
13	65	62	62	152	26.84	4
14	62	60	59	152	25.96	4
15	63	59	58	156	24.24	3
16	60	65	63	165	23.86	3
17	53	49	49	150	21.78	3
18	60	55	56	160	21.48	3
19	76	74	74	160	28.9	5
20	60	57	57	170	19.72	3
21	53	49	48	155	20.4	3
22	49	56	56	170	19.38	3
23	70	69	68	155	28.72	5
24	71	50	51	160	19.53	3
25	45	54	53	153	23.07	3
26	45	41	41	146	19.23	3
27	50	48	47	158	19.22	3
28	65	63	63	155	26.22	4
29	54	49	50	152	21.21	3
30	43	58	57	161	22.37	3
31	61	60	59	160	23.44	3
32	57	55	54	160	21.5	3
33	56	50	53	156	20.54	3
34	78	78	78	160	30.47	5
35	75	70	75	155	29.14	5
36	56	43	43	150	19.1	3

Keterangan :

- Kategori IMT : 1 = Kurus tingkat berat
 2 = Kurus tingkat ringan
 3 = Normal
 4 = Gemuk tingkat ringan
 5 = Gemuk tingkat berat

DATA RESPONDEN KELOMPOK DIET + ME

No	KGD Puasa Awal (mg/dl)	KGD Post Awal (mg/dl)	KGD Puasa I (mg/dl)	KGD Post I (mg/dl)	KGD Puasa II (mg/dl)	KGD Post II (mg/dl)
1	285	330	112	223	128	192
2	255	500	81	122	280	337
3	106	128	186	110	150	185
4	111	120	89	127	115	116
5	385	500	178	270	122	258
6	200	380	100	153	106	152
7	250	400	142	240	180	192
8	230	320	116	171	116	180
9	250	400	123	233	110	135
10	250	350	150	190	170	210
11	250	350	200	320	185	276
12	150	207	124	241	141	232
13	111	200	200	327	291	275
14	230	325	120	178	110	134
15	196	230	98	112	90	112
16	130	200	97	120	80	120
17	300	379	200	287	150	225
18	350	426	185	320	157	250
19	284	514	240	255	200	230
20	122	130	125	147	110	78
21	208	275	220	374	134	328
22	249	435	220	400	195	250
23	160	256	115	173	157	257
24	220	300	200	275	176	250
25	236	350	200	300	175	220
26	250	374	350	428	250	350
27	139	218	87	227	80	200
28	158	301	192	245	168	294
29	160	250	120	160	113	185
30	103	110	165	121	131	173
31	181	290	198	330	192	361
32	550	600	275	350	250	300
33	159	312	112	205	100	189
34	250	300	150	288	135	250
35	130	250	135	205	120	198
36	128	167	127	160	144	177

DATA RESPONDEN KELOMPOK DIET + ME

No	Anjuran Diet				Kebutuhan				Asupan Zat Gizi			
	E (Kal)	P (gr)	KH (gr)	L (gr)	E (Kal)	P (gr)	KH (gr)	L (gr)	E (Kal)	P (gr)	KH (gr)	L (gr)
1	1500	60	225	40	1317	51.43	205.7	51.43	1296	32.1	211.84	22.7
2	2300	85	350	65	2126	79.74	318.94	59.06	1615.5	49.7	267.42	37.1
3	2100	80	325	55	2363	88.6	354.38	65.63	1765	54.7	265.92	56.1
4	2300	85	350	65	1671	62.65	250.6	46.4	1498	85.7	345.84	84.6
5	1500	60	225	40	1519	56.95	227.81	42.18	2196	72.2	290.84	80.7
6	1900	70	300	50	1899	71.23	284.9	52.76	1469	42.8	187.34	56.9
7	1500	60	225	40	1323	49.6	198.45	36.75	1066	36.2	193.84	16.8
8	2100	80	325	55	2063	77.34	309.38	57.3	2223	57.6	350.84	61.3
9	1500	60	225	40	1500	56.25	225	41.67	1412	39.7	304.62	15.6
10	1500	60	225	40	1406	52.73	210.93	39.06	1364.5	43.4	270.32	57.6
11	1500	60	225	40	1491	55.89	223.6	41.4	1118	29.8	175.92	32.5
12	1500	60	225	40	1688	63.28	253.13	46.88	1227	41.2	177.84	38.1
13	1700	65	260	45	1346	50.46	201.83	37.38	1396	30.5	237.92	35
14	1500	60	225	40	1580	59.23	236.93	43.88	1415	42.6	246.92	25.2
15	2100	80	325	55	2100	78.75	315	58.34	1559	39.5	212.92	59.5
16	1700	65	260	45	1828	68.55	274.23	50.78	1606	43.2	204.84	60.5
17	1500	60	225	40	1406	52.73	210.93	39.06	1685	41.5	278.92	39.7
18	2300	85	350	65	2025	75.93	303.75	56.25	2076	68.6	310.84	51.8
19	1500	60	225	40	1418	53.16	212.63	39.37	1862	74.6	231.92	69
20	2300	85	350	65	2363	88.6	354.37	65.63	1831	52.9	298.42	43
21	1500	60	225	40	1378	51.68	206.72	38.3	1657	54.6	275	36.2
22	2300	85	350	65	2363	88.6	354.37	65.63	2249.5	53.4	331.92	74.9
23	1500	60	225	40	1547	58	232.03	42.9	1639	51.8	169.92	82.9
24	1900	70	300	50	1688	63.28	253.13	46.88	1290	27.7	198.92	36.9
25	1500	60	225	40	1491	55.89	223.6	41.4	1631	50.9	263.84	32.8
26	1900	70	300	50	1438	53.9	215.63	39.9	1466	48.1	154.92	28.3
27	1900	70	300	50	1631	61.17	244.68	45.31	2015	58.4	305.84	61
28	1500	60	225	40	1423	53.37	213.47	39.53	2083.5	59.5	198.34	105
29	1900	70	300	50	1463	54.84	219.38	40.63	1934.5	64.5	234.92	82.9
30	1900	70	300	50	1716	64.36	257.34	47.65	1795	46.3	275.92	54.5
31	1900	70	300	50	2025	75.94	303.75	56.25	2130	79.5	355.42	35.3
32	1900	70	300	50	1688	63.3	253.13	46.88	1381	45	204.84	42.3
33	1500	60	225	40	1575	59.06	236.25	43.75	1899	63.5	303.92	49.6
34	1500	60	225	40	1418	53.15	230.34	31.5	1391	39.8	232.95	32.2
35	1500	60	225	40	1299	48.73	194.9	36.09	1371.5	43.45	175.42	56
36	1500	60	225	40	1406	52.73	210.93	39.06	1638	57.2	175.92	73.1

Keterangan :

E = Energi

P = Protein

KH = Karbohidrat

L = Lemak

