

LAMPIRAN

1. Pendidikan Terakhir Ayah:

- a. SD / sederajat
- b. SMP / sederajat
- c. SMU / sederajat
- d. Perguruan Tinggi (PT)

2. Pekerjaan Ayah :

- a. Pegawai negeri/ PNS
- b. Pegawai swasta (buruh, karyawan, pensiunan)
- c. Wiraswasta
- d. Lain-lain.....

3. Pendapatan Ayah Perbulan (dari gaji dan non gaji) :.....

4. Pendidikan Terakhir Ibu:

- a. SD / sederajat
- b. SMP / sederajat
- c. SMU / sederajat
- d. Perguruan Tinggi (PT)

5. Pekerjaan Ibu :

- a. Tidak bekerja
- b. Bekerja

6. Pendapatan Ibu Perbulan (dari gaji dan non gaji) :

B. Pengukuran Food Frekuensi

| No. | Bahan Makanan | Kurang dari 1 kali per hari | Lebih dari sama dgn 1 kali sehari | 1-3 kali seminggu | 1 kali sebulan | 1 kali setahun |
|-----|----------------------|-----------------------------|-----------------------------------|-------------------|----------------|----------------|
| | Makanan berat | | | | | |
| 1 | Mie ayam | | | | | |
| 2 | Bakso | | | | | |
| 3 | Somay | | | | | |
| 4 | Cakwe | | | | | |
| 5 | nasi uduk | | | | | |
| 6 | Pecel | | | | | |
| 7 | Indomie | | | | | |
| 8 | lontong sayur | | | | | |
| 9 | kentang goreng | | | | | |
| 10 | Pizza | | | | | |
| 11 | ayam goreng | | | | | |
| 12 | bubur kacang ijo | | | | | |
| 13 | bubur ketan hitam | | | | | |
| 14 | soto ayam | | | | | |
| 15 | mpe-mpe | | | | | |

| No. | Bahan Makanan | Kurang dari 1 kali per hari | Lebih dari sama dgn 1 kali sehari | 1-3 kali seminggu | 1 kali sebulan | 1 kali setahun |
|-----|--------------------|-----------------------------|-----------------------------------|-------------------|----------------|----------------|
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| | | | | | | |
| | Snack | | | | | |
| 1 | Coklat | | | | | |
| 2 | Wafer | | | | | |
| 3 | Permen | | | | | |
| 4 | makaroni goreng | | | | | |
| 5 | Pastel | | | | | |
| 6 | lontong isi | | | | | |
| 7 | goreng tempe | | | | | |
| 8 | goreng bakwan | | | | | |
| 9 | goreng pisang | | | | | |
| 10 | goreng ubi | | | | | |
| 11 | Cireng | | | | | |
| 12 | Risol | | | | | |
| 13 | Singkong | | | | | |
| 14 | Misro | | | | | |
| 15 | Combro | | | | | |
| 16 | Cimol | | | | | |
| 17 | Sosis | | | | | |
| 18 | pisang molen | | | | | |
| 19 | buah potong | | | | | |
| 20 | kue-kue basah | | | | | |
| 21 | Cikki | | | | | |
| 22 | agar-agar | | | | | |
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| | | | | | | |
| 1 | teh manis | | | | | |
| 2 | Sirup | | | | | |
| 3 | Juice | | | | | |
| 4 | susu kacang kedele | | | | | |
| 5 | es mambo | | | | | |
| 6 | es buah | | | | | |
| 7 | es podeng | | | | | |

| No. | Bahan Makanan | Kurang dari 1 kali per hari | Lebih dari sama dgn 1 kali sehari | 1-3 kali seminggu | 1 kali sebulan | 1 kali setahun |
|-----|------------------|-----------------------------|-----------------------------------|-------------------|----------------|----------------|
| 8 | teh botol | | | | | |
| 9 | pop ice | | | | | |
| 10 | Sprite | | | | | |
| 11 | Fanta | | | | | |
| 12 | Cocacola | | | | | |
| 13 | soda susu | | | | | |
| 14 | frutang/ ale-ale | | | | | |
| 15 | es doger | | | | | |
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C. Pengukuran food recall 24 jam

Isilah pada setiap kolom dibawah ini makanan yang dikonsumsi selama 24 jam selama 3 hari berturut-turut.

Ket: URT (Ukuran Rumah Tangga)

Sdm : sendok makan

Sdt : sendok teh

Gls : gelas

Bsr : besar

Kcl : kecil

Bh : buah

Bj : biji

Btg : batang

Btr : butir

Gr : gram

Sdg : sedang

Ptg : potong

| Hari II | | Ket. *) | Hari III | | Ket. *) |
|---------------|-----|---------|---------------|-----|---------|
| Bahan Makanan | URT | | Bahan Makanan | URT | |
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| No. | Bahan Makanan | 1 | 2 | 3 | 4 | 5 |
|-----|----------------------|---|---|---|---|---|
| | Makanan berat | | | | | |
| 1 | Mie ayam | | | | | |
| 2 | bakso | | | | | |
| 3 | somay | | | | | |
| 4 | cakwe | | | | | |
| 6 | pecel | | | | | |
| 7 | indomie | | | | | |
| 8 | lontong sayur | | | | | |
| 9 | kentang goreng | | | | | |
| 10 | pizza | | | | | |
| 11 | ayam goreng | | | | | |
| 12 | bubur kacang ijo | | | | | |
| 13 | bubur ketan hitam | | | | | |
| 14 | soto ayam | | | | | |
| 15 | mpe-mpe | | | | | |

| | snack | | | | | |
|----|-----------------|--|--|--|--|--|
| 1 | coklat | | | | | |
| 2 | wafer | | | | | |
| 3 | permen | | | | | |
| 4 | makaroni goreng | | | | | |
| 5 | pastel | | | | | |
| 6 | lontong isi | | | | | |
| 7 | goreng tempe | | | | | |
| 8 | goreng bakwan | | | | | |
| 9 | goreng pisang | | | | | |
| 10 | goreng ubi | | | | | |
| 11 | cireng | | | | | |
| 12 | risol | | | | | |
| 13 | singkong | | | | | |
| 14 | misro | | | | | |
| 15 | combro | | | | | |
| 16 | cimol | | | | | |
| 17 | sosis | | | | | |
| 18 | pisang molen | | | | | |
| 19 | buah potong | | | | | |
| 20 | kue-kue basah | | | | | |
| 21 | cikki | | | | | |
| 22 | agar-agar | | | | | |

| | Minuman | | | | | |
|----|--------------------|--|--|--|--|--|
| 1 | teh manis | | | | | |
| 2 | sirup | | | | | |
| 3 | juice | | | | | |
| 4 | susu kacang kedele | | | | | |
| 5 | es mambo | | | | | |
| 6 | es buah | | | | | |
| 7 | es podeng | | | | | |
| 8 | teh botol | | | | | |
| 9 | pop ice | | | | | |
| 10 | sprite | | | | | |
| 11 | fanta | | | | | |
| 12 | cocacola | | | | | |
| 13 | soda susu | | | | | |
| 14 | frutang/ ale-ale | | | | | |
| 15 | es doger | | | | | |

| Kode | Makanan Dirumah | Makanan Jajanan | Total Energi | %AKG |
|------|-----------------|-----------------|--------------|------|
| 1 | 1711 | 310 | 2021 | 106 |
| 2 | 1684 | 240 | 1924 | 96 |
| 3 | 1313 | 170 | 1483 | 74 |
| 4 | 584 | 1059 | 1643 | 86 |
| 5 | 733 | 347 | 1080 | 57 |
| 6 | 1736 | 271 | 2007 | 106 |
| 7 | 1371 | 441 | 1812 | 95 |
| 8 | 811 | 247 | 1058 | 56 |
| 9 | 1329 | 326 | 1655 | 83 |
| 10 | 1487 | 401 | 1888 | 94 |
| 11 | 774 | 670 | 1444 | 76 |
| 12 | 1406 | 419 | 1825 | 96 |
| 13 | 1560 | 163 | 1723 | 91 |
| 14 | 609 | 535 | 1144 | 60 |
| 15 | 1093 | 646 | 1739 | 87 |
| 16 | 958 | 313 | 1271 | 64 |
| 17 | 1474 | 643 | 2117 | 111 |
| 18 | 1439 | 400 | 1839 | 97 |
| 19 | 1292 | 634 | 1926 | 101 |
| 20 | 1448 | 349 | 1797 | 95 |
| 21 | 1573 | 225 | 1798 | 90 |
| 22 | 1991 | 411 | 2402 | 120 |
| 23 | 1350 | 575 | 1925 | 96 |
| 24 | 974 | 372 | 1346 | 71 |
| 25 | 697 | 451 | 1148 | 57 |
| 26 | 1407 | 482 | 1889 | 94 |
| 27 | 1460 | 365 | 1825 | 96 |
| 28 | 1606 | 500 | 2106 | 105 |
| 29 | 1503 | 508 | 2011 | 101 |
| 30 | 1863 | 307 | 2170 | 109 |
| 31 | 1587 | 117 | 1704 | 85 |
| 32 | 969 | 407 | 1376 | 72 |
| 33 | 1487 | 245 | 1732 | 91 |
| 34 | 889 | 1072 | 1961 | 98 |
| 35 | 1387 | 663 | 2050 | 108 |
| 36 | 1232 | 744 | 1976 | 104 |
| 37 | 1560 | 480 | 2040 | 102 |
| 38 | 1647 | 550 | 2197 | 110 |
| 39 | 953 | 209 | 1162 | 58 |
| 40 | 1242 | 351 | 1593 | 84 |
| 41 | 1050 | 120 | 1170 | 59 |
| 42 | 1610 | 137 | 1747 | 87 |
| 43 | 1182 | 274 | 1456 | 77 |
| 44 | 1596 | 270 | 1866 | 93 |
| 45 | 1493 | 323 | 1816 | 91 |
| 46 | 981 | 737 | 1718 | 86 |

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|----|------|-----|------|-----|
| 47 | 1687 | 311 | 1998 | 105 |
| 48 | 1612 | 114 | 1726 | 86 |
| 49 | 1709 | 154 | 1863 | 98 |
| 50 | 1543 | 513 | 2056 | 103 |
| 51 | 1002 | 411 | 1413 | 71 |
| 52 | 1560 | 292 | 1852 | 93 |
| 53 | 1217 | 308 | 1525 | 64 |
| 54 | 1073 | 441 | 1514 | 63 |
| 55 | 1515 | 302 | 1817 | 87 |
| 56 | 1572 | 379 | 1951 | 81 |
| 57 | 793 | 202 | 995 | 41 |
| 58 | 1703 | 139 | 1842 | 88 |
| 59 | 776 | 338 | 1114 | 53 |
| 60 | 1463 | 312 | 1775 | 85 |

| Kode | Makanan Dirumah | Makanan Jajanan | Total Protein | %AKG |
|------|-----------------|-----------------|---------------|------|
| 1 | 51 | 13 | 64 | 119 |
| 2 | 53 | 13 | 66 | 147 |
| 3 | 25 | 11 | 36 | 80 |
| 4 | 15 | 32 | 47 | 87 |
| 5 | 20 | 15 | 35 | 65 |
| 6 | 50 | 10 | 60 | 111 |
| 7 | 44 | 13 | 57 | 106 |
| 8 | 19 | 15 | 34 | 63 |
| 9 | 49 | 15 | 64 | 142 |
| 10 | 46 | 19 | 65 | 144 |
| 11 | 20 | 19 | 39 | 72 |
| 12 | 38 | 15 | 53 | 98 |
| 13 | 50 | 10 | 60 | 111 |
| 14 | 22 | 17 | 39 | 72 |
| 15 | 37 | 24 | 61 | 136 |
| 16 | 25 | 8 | 33 | 73 |
| 17 | 46 | 16 | 62 | 115 |
| 18 | 42 | 14 | 56 | 104 |
| 19 | 40 | 15 | 55 | 102 |
| 20 | 42 | 12 | 54 | 100 |
| 21 | 51 | 9 | 60 | 133 |
| 22 | 49 | 10 | 59 | 131 |
| 23 | 43 | 15 | 58 | 129 |
| 24 | 25 | 12 | 37 | 69 |
| 25 | 20 | 10 | 30 | 67 |
| 26 | 51 | 10 | 61 | 136 |
| 27 | 45 | 12 | 57 | 106 |
| 28 | 51 | 18 | 69 | 153 |
| 29 | 47 | 20 | 67 | 149 |
| 30 | 44 | 13 | 57 | 127 |
| 31 | 51 | 3 | 54 | 120 |
| 32 | 26 | 17 | 43 | 80 |
| 33 | 49 | 15 | 64 | 119 |
| 34 | 25 | 19 | 44 | 98 |
| 35 | 49 | 17 | 66 | 122 |
| 36 | 42 | 19 | 61 | 113 |
| 37 | 49 | 14 | 63 | 140 |
| 38 | 35 | 14 | 49 | 109 |
| 39 | 27 | 11 | 38 | 84 |
| 40 | 42 | 13 | 55 | 102 |
| 41 | 30 | 3 | 33 | 73 |
| 42 | 48 | 4 | 52 | 116 |
| 43 | 10 | 9 | 19 | 35 |
| 44 | 48 | 8 | 56 | 124 |
| 45 | 44 | 10 | 54 | 120 |
| 46 | 30 | 21 | 51 | 113 |

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|----|----|----|----|-----|
| 47 | 43 | 11 | 54 | 100 |
| 48 | 51 | 4 | 55 | 122 |
| 49 | 53 | 3 | 56 | 104 |
| 50 | 48 | 17 | 65 | 144 |
| 51 | 61 | 11 | 72 | 160 |
| 52 | 51 | 14 | 65 | 144 |
| 53 | 45 | 12 | 57 | 89 |
| 54 | 36 | 19 | 55 | 86 |
| 55 | 45 | 14 | 59 | 95 |
| 56 | 52 | 16 | 68 | 106 |
| 57 | 22 | 12 | 34 | 53 |
| 58 | 50 | 3 | 53 | 85 |
| 59 | 25 | 9 | 34 | 55 |
| 60 | 52 | 13 | 65 | 105 |

Food Frekuensi

| Kode | Makanan Berat | | Snack | | Minuman | |
|-------------|----------------------|-----|--------------|-----|----------------|-----|
| 1 | 29 | 1.9 | 60 | 2.7 | 43 | 2.9 |
| 2 | 41 | 2.7 | 64 | 2.9 | 41 | 2.7 |
| 3 | 45 | 3.0 | 41 | 1.9 | 37 | 2.5 |
| 4 | 45 | 3.0 | 61 | 2.8 | 46 | 3.1 |
| 5 | 50 | 3.3 | 66 | 3.0 | 71 | 4.7 |
| 6 | 42 | 2.8 | 62 | 2.8 | 56 | 3.7 |
| 7 | 43 | 2.9 | 58 | 2.6 | 73 | 4.9 |
| 8 | 44 | 2.9 | 58 | 2.6 | 40 | 2.7 |
| 9 | 51 | 3.4 | 59 | 2.7 | 44 | 2.9 |
| 10 | 43 | 2.9 | 58 | 2.6 | 46 | 3.1 |
| 11 | 45 | 3.0 | 62 | 2.8 | 39 | 2.6 |
| 12 | 50 | 3.3 | 57 | 2.6 | 47 | 3.1 |
| 13 | 46 | 3.1 | 64 | 2.9 | 35 | 2.3 |
| 14 | 37 | 2.5 | 62 | 2.8 | 41 | 2.7 |
| 15 | 51 | 3.4 | 82 | 3.7 | 46 | 3.1 |
| 16 | 47 | 3.1 | 61 | 2.8 | 46 | 3.1 |
| 17 | 47 | 3.1 | 62 | 2.8 | 39 | 2.6 |
| 18 | 54 | 3.6 | 44 | 2.0 | 41 | 2.7 |
| 19 | 42 | 2.8 | 62 | 2.8 | 41 | 2.7 |
| 20 | 44 | 2.9 | 62 | 2.8 | 40 | 2.7 |
| 21 | 58 | 3.9 | 56 | 2.5 | 27 | 1.8 |
| 22 | 47 | 3.1 | 58 | 2.6 | 46 | 3.1 |
| 23 | 49 | 3.3 | 73 | 3.3 | 53 | 3.5 |
| 24 | 48 | 3.2 | 62 | 2.8 | 65 | 4.3 |
| 25 | 46 | 3.1 | 62 | 2.8 | 39 | 2.6 |
| 26 | 43 | 2.9 | 31 | 1.4 | 42 | 2.8 |
| 27 | 54 | 3.6 | 58 | 2.6 | 73 | 4.9 |
| 28 | 45 | 3.0 | 62 | 2.8 | 46 | 3.1 |
| 29 | 35 | 2.3 | 31 | 1.4 | 46 | 3.1 |
| 30 | 49 | 3.3 | 71 | 3.2 | 42 | 2.8 |
| 31 | 41 | 2.7 | 32 | 1.5 | 46 | 3.1 |
| 32 | 45 | 3.0 | 29 | 1.3 | 40 | 2.7 |
| 33 | 46 | 3.1 | 58 | 2.6 | 46 | 3.1 |
| 34 | 41 | 2.7 | 29 | 1.3 | 46 | 3.1 |
| 35 | 54 | 3.6 | 64 | 2.9 | 73 | 4.9 |
| 36 | 53 | 3.5 | 58 | 2.6 | 46 | 3.1 |
| 37 | 44 | 2.9 | 33 | 1.5 | 39 | 2.6 |
| 38 | 52 | 3.5 | 31 | 1.4 | 41 | 2.7 |
| 39 | 39 | 2.6 | 64 | 2.9 | 45 | 3.0 |
| 40 | 40 | 2.7 | 30 | 1.4 | 39 | 2.6 |
| 41 | 52 | 3.5 | 79 | 3.6 | 46 | 3.1 |
| 42 | 41 | 2.7 | 62 | 2.8 | 40 | 2.7 |
| 43 | 42 | 2.8 | 49 | 2.2 | 34 | 2.3 |
| 44 | 41 | 2.7 | 30 | 1.4 | 46 | 3.1 |
| 45 | 33 | 2.2 | 66 | 3.0 | 43 | 2.9 |
| 46 | 54 | 3.6 | 30 | 1.4 | 46 | 3.1 |

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|----|----|-----|-----|-----|----|-----|
| 47 | 46 | 3.1 | 64 | 2.9 | 46 | 3.1 |
| 48 | 46 | 3.1 | 31 | 1.4 | 39 | 2.6 |
| 49 | 43 | 2.9 | 60 | 2.7 | 46 | 3.1 |
| 50 | 47 | 3.1 | 17 | 0.8 | 41 | 2.7 |
| 51 | 40 | 2.7 | 30 | 1.4 | 73 | 4.9 |
| 52 | 56 | 3.7 | 64 | 2.9 | 46 | 3.1 |
| 53 | 45 | 3.0 | 72 | 3.3 | 47 | 3.1 |
| 54 | 44 | 2.9 | 64 | 2.9 | 47 | 3.1 |
| 55 | 61 | 4.1 | 100 | 4.5 | 73 | 4.9 |
| 56 | 40 | 2.7 | 57 | 2.6 | 46 | 3.1 |
| 57 | 55 | 3.7 | 58 | 2.6 | 46 | 3.1 |
| 58 | 38 | 2.5 | 29 | 1.3 | 46 | 3.1 |
| 59 | 54 | 3.6 | 74 | 3.4 | 46 | 3.1 |
| 60 | 42 | 2.8 | 64 | 2.9 | 33 | 2.2 |