

**ABSTRACT**

**Title** : *Analysis Of Menu Planning, Consumption Energy Density Relationship and Food Leftovers Of The Elderly Nutritional Status in Social Orphans*  
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**Study Program** : *Nutrition*

*VI Chapters, 70 Pages, 14 Tables, 3 Attachments*

**Background:** *One of the most important things in giving food to the elderly is that the food served must meet nutritional needs, given regularly in small portions but often, food must be gradual and varied so as not to cause boredom, food must be according to doctor's instructions for certain elderly people and food must be soft. The success of a food organization in the institution is determined by the reception of the food served. Nutritional status and health status are largely determined by the conditions experienced by the elderly. **Objective:** This study aims to determine the analysis of menu planning, the relationship of energy consumption density and food waste to the nutritional status of the elderly at the Social Home. **Method:** This study was an observational study with a cross-sectional study design. Sampling was done by purposive sampling technique with a total of 50 elderly respondents. Bivariate analysis using Chi-Square statistical tests. **Results:** Planning the menu at the Social Home is carried out once a year with a seven-day menu cycle compiled by a Puskesmas Nutritionist and has a menu structure consisting of the frequency of feeding 3 main meals and 2 interludes. The application in feeding has not been adjusted to the menu that has been made by a Nutritionist. Correlation test results show that there is no relationship between energy consumption density with the nutritional status of the elderly ( $p = 0.589$ ) ( $p > 0.05$ ) and there is a relationship between food waste and the nutritional status of the elderly ( $p = 0.010$ ) ( $p < 0.05$ ). **Conclusion:** Planning menus at the Social Institution have already been done and some have not met the factors that influence menu planning at the institution. There is a relationship between food waste with the nutritional status of the elderly, the main factor affecting nutritional status is food intake. This is because not only because of the small amount of food left (<20%) which causes the risk of malnutrition, but there are other factors based on the questions and the results of the MNA score.*

**Keywords:** *Elderly, Menu Planning, Energy Density Consumption, Leftover*

