

ABSTRAK

Latar Belakang: Kondisi pandemi Covid-19 sangat berdampak bagi pekerja. Pemilihan makanan dalam kondisi pandemi perlu mendapatkan perhatian lebih untuk menjaga kesehatan dan mencegah dari terpaparnya Covid-19. Pemilihan makanan oleh pekerja dimasa pandemi kurang beragam sehingga belum mencukupi kebutuhan gizinya. Apabila angka kecukupan gizi yang kurang dan terjadi terus menerus pada tenaga kerja dapat mengakibatkan pekerja tidak dapat melaksanakan tugasnya dengan baik. **Tujuan:** Tujuan dari penelitian ini adalah untuk mengetahui perbedaan pemilihan makanan, tingkat kecukupan energi dan zat gizi makro berdasarkan kelompok pekerja dimasa pandemi. **Metode:** Penelitian ini termasuk jenis *cross sectional* yang dilakukan pada kelompok pekerja. Pengambilan sampel menggunakan teknik purposive sampling didapatkan hasil perhitungan sebanyak 90 orang. Data yang dikumpulkan seperti karakteristik responden, kuesioner pemilihan makanan, dan *food record* selama 3x24 jam menggunakan *google form*. Analisis menggunakan uji anova **Hasil:** Berdasarkan hasil analisis bivariat diketahui ada perbedaan antara pemilihan makanan ($p=0.008$), tingkat kecukupan lemak ($p=0.010$), dan tidak ada perbedaan antara tingkat kecukupan energi ($p=0.079$), protein ($p=0.069$), dan asupan karbohidrat ($p=0.749$) pada kelompok pekerja dimasa pandemi. **Kesimpulan:** Ada perbedaan pemilihan makanan, asupan lemak ($p<0.05$), dan tidak ada perbedaan asupan energi, protein, dan karbohidrat berdasarkan kelompok pekerja dimasa pandemi ($p\geq 0.05$).

Daftar kunci: Asupan Energi dan Zat Gizi Makro, Pemilihan Makanan, Pekerja

ABSTRACT

Background: The COVID-19 pandemic has had a huge impact on workers. Food choices in a pandemic condition need more attention to maintain health and prevent exposure to Covid-19. Food choices by workers during the pandemic are less diverse so that they do not meet their nutritional needs. If the nutritional adequacy rate is lacking and occurs continuously in the workforce, it can cause workers to carry out their duties poorly. **Objective:** The purpose of this study was to determine differences in food choices, levels of energy adequacy and macronutrients based on groups of workers during the pandemic. **Methods:** A cross-sectional study has been designed for a sample of group workers. Selection of sample was using purposive sampling technique obtained by the calculation of 90 people. Collected data such as respondent characteristics, food selection questionnaire, and food record for 3x24 hours using google form. Analysis was using Anova test. **Results:** Based on the results of bivariate analysis, it is known that there is a difference between food selection ($p=0.008$), fat adequacy level ($p=0.010$), and there is no difference between energy adequacy level ($p=0.079$), protein ($p=0.069$), and dietary intake. carbohydrates ($p=0.749$) in the group of workers during the pandemic. **Conclusion:** There were differences in food choices, fat intake ($p<0.05$), and no differences in energy, protein, and carbohydrate intake by group of workers during the pandemic ($p\geq 0.05$).

Keyword: Food Choice, Energy and Macro Nutrient Intake, Worker