

LAMPIRAN

Lampiran 1 Formulir *Food Recall* 24 jam

Formulir Food Recall 24 Jam

Nama : Ny K
 BB/TB : 64 kg / 160 cm
 Umur : 59 tahun
 Jenis kelamin : Perempuan

Waktu Makan	Menu Masakan	Bahan Makanan			Ket	
		Jenis	Banyaknya			
			URT	Gram		
Pagi	Nasi	Beras putih giling	¼ gls	50		
		Ikan dori goreng	1 ekor	40		
	Minyak kelapa sawit	1 sdm	5			
		Garam	1 sdt	5		
		Gula	1 sdt	4		
	Sayur bayam	Sayur bayam	¼ gls	40		
		Tahu fantasi kukus	Kacang kedelai murni	¼ gls		40
Selingan (Snack)						
Siang	Nasi	Beras putih giling	¼ gls	50		
	Sayur bayam	Sayur bayam	¼ gls	40		
Selingan (Snack)						
Malam	Nasi	Beras putih giling	¼ gls	50		
		Nugget ikan dori	Ikan segar	1 ekor		40
	Tepung terigu	5 sdm	50			
		Telur ayam	1 btr	60		
		Garam	1 sdt	5		
	Gula	1 sdt	4			
		Sayur bayam	Sayur bayam	¼ gls		40
	Tahu cetak	Kacang kedelai murni	¼ gls	40		
Selingan (Snack)						

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Tn MH
 BB/TB : 69 kg / 163 cm
 Umur : 51 tahun
 Jenis kelamin : Laki-laki

Waktu Makan	Menu Masakan	Bahan Makanan			Ket
		Jenis	Banyaknya		
			URT	Gram	
Pagi	Nasi Rolade ayam goreng	Beras putih giling	¼ gls	50	
		Daging ayam bagian dada	¼ ptg	40	
		Garam	1 sdt	5	
		Gula	1 sdt	4	
		Telur ayam	1 btr	80	
		Tepung tapioka	5 sdm	50	
	Sayur sop	Bihun	¼ gls	30	
	Tahu fantasi kukus	Kacang kedelai mumi	¼ gls	40	
Selingan (Snack)					
Siang	Nasi Sayur sop	Beras putih giling	¼ gls	50	
		Buncis	¼ gls	30	
		Wortel	¼ bh	30	
Selingan (Snack)	Melon	Melon	¼ bh	40	
Malam	Nasi Sayur sop	Beras putih giling	¼ gls	50	
		Buncis	¼ gls	30	
		Wortel	¼ bh	30	
Selingan (Snack)					

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Ny SR
 BB/TB : 62 kg / 162 cm
 Umur : 52 tahun
 Jenis kelamin : Perempuan

Waktu Makan	Menu Masakan	Bahan Makanan			Ket
		Jenis	Banyaknya		
			URT	Gram	
Pagi	Nasi	Beras putih giling	¼ gls	50	
		Tahu fantasi kukus	Kacang kedelai murni	¼ gls	
	Sayur sop	Buncis	¼ gls	30	
		Wortel	¼ gls	30	
		Garam	1 sdt	5	
Selingan (Snack)					
Siang					
Selingan (Snack)					
Malam					
Selingan (Snack)					

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Tn AA
 BB/TB : 38 kg / 158 cm
 Umur : 49 tahun
 Jenis kelamin : Laki-laki

Waktu Makan	Menu Masakan	Bahan Makanan			Ket
		Jenis	Banyaknya		
			URT	Gram	
Pagi	Nasi tim Rolade sapi kukus	Beras putih giling	¾ gls	50	
		Daging sapi	¼ ptg	40	
		Garam	1 sdt	5	
		Gula	1 sdt	4	
		Telur ayam	1 btr	60	
		Tepung tapioka	5 sdm	50	
Selingan (Snack)	Susu DM	Susu Dm	4 sdm	40	
Siang	Nasi tim Telur ceplok bumbu merah	Beras putih giling	¾ gls	50	
		Telur ayam	1 btr	60	
		Minyak kelapa sawit	1 sdm	5	
		Garam	1 sdt	5	
	Tahu bulat	Kacang kedelai murni	¼ gls	40	
	Sayur kangkung	Sayur kangkung	¼ gls	40	
Selingan (Snack)	Susu DM Pisang gajih kukus	Susu Dm Pisang kepok	4 sdm 1 bh	40 30	
Malam	Nasi tim Ayam bumbu kuning	Beras putih giling	¾ gls	50	
		Daging ayam bagian dada	¼ ptg	40	
		Garam	1 sdt	5	
	Tempe mendoan	Kacang kedelai murni	¼ gls	40	
		Minyak kelapa sawit	1 sdm	5	
		Tepung terigu	5 sdm	50	
	Sayur kare	Garam	1 sdt	5	
		Wortel	¼ bh	30	
		Kentang	¼ bh	30	
Selingan (Snack)					

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Ny S
 BB/TB : 63 kg / 161 cm
 Umur : 48 tahun
 Jenis kelamin : Perempuan

Waktu Makan	Menu Masakan	Bahan Makanan			Ket
		Jenis	Banyaknya		
			URT	Gram	
Pagi	Nasi tim	Beras putih giling	¼ gls	50	
Selingan (Snack)	Puding jagung	Agar-agar	½ bungkus	50	
		Jagung kuning	¼ gls	30	
Siang	Nasi tim	Beras putih giling	¼ gls	50	
Selingan (Snack)	Pisang gajah kukus	Pisang kepok	1 bh	30	
Malam	Nasi tim	Beras putih giling	¼ gls	50	
Selingan (Snack)	Pisang gajah kukus	Pisang kepok	1 bh	30	

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Ny KR
 BB/TB : 52 kg / 160 cm
 Umur : 54 tahun
 Jenis kelamin : Perempuan

Waktu Makan	Menu Masakan	Bahan Makanan			Ket
		Jenis	Banyaknya		
			URT	Gram	
Pagi	Nasi Tahu fantasi kukus Rolade sapi kukus	Beras putih giling	¼ gls	50	
		Kacang kedelai murni	¼ gls	40	
		Daging sapi	¼ ptg	40	
		Garam	¼ sdt	1,3	
		Gula	1 sdt	4	
		Telur ayam	1 btr	60	
		Tepung tapioka	5 sdm	50	
		Wortel	¼ bh	30	
	Kentang	¼ bh	30		
Sayur kare					
Selingan (Snack)					
Siang	Nasi Telur ceplok bumbu merah	Beras putih giling	¼ gls	50	
		Telur ayam	1 btr	60	
		Minyak kelapa sawit	1 sdm	5	
		Garam	¼ sdt	1,3	
	Tahu bulat	Kacang kedelai murni	¼ gls	40	
	Sayur kare	Wortel	¼ bh	30	
		Kentang	¼ bh	30	
Selingan (Snack)	Pisang gajah kukus	Pisang kepok	1 bh	30	
Malam	Nasi Tempe mendoan	Beras putih giling	¼ gls	50	
		Kacang kedelai murni	¼ gls	40	
		Minyak kelapa sawit	1 sdm	5	
		Tepung terigu	5 sdm	50	
		Garam	¼ sdt	1,3	
		Wortel	¼ bh	30	
	Kentang	¼ bh	30		
Sayur kare					
Selingan (Snack)	Pisang gajah kukus	Pisang kepok	1 bh	30	

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Ny W
 BB/TB : 44 kg / 153 cm
 Umur : 58 tahun
 Jenis kelamin : Perempuan

Waktu Makan	Menu Masakan	Bahan Makanan			Ket
		Jenis	Banyaknya		
			URT	Gram	
Pagi	Nasi tim Tempe mendoan	Beras putih giling	½ gls	50	
		Kacang kedelai murni	¼ gls	40	
		Minyak kelapa sawit	1 sdm	5	
		Tepung terigu	5 sdm	50	
		Garam	1 sdt	5	
	Rolade sapi kukus	Daging sapi	¼ ptg	40	
		Garam	1 sdt	5	
		Gula	1 sdt	4	
		Telur ayam	1 btr	60	
	Sayur kare	Tepung tapioka	5 sdm	50	
		Wortel	¼ bh	30	
	Kentang	¼ bh	30		
Selingan (Snack)					
Siang	Nasi tim	Beras putih giling	½ gls	50	
	Tempe bumbu merah Sayur kare	Kacang kedelai murni	¼ gls	40	
		Minyak kelapa sawit	1 sdm	5	
		Tepung terigu	5 sdm	50	
		Garam	1 sdt	5	
		Wortel	¼ bh	30	
		Kentang	¼ bh	30	
Selingan (Snack)					
Malam	Nasi tim Tahu cetak	Beras putih giling	½ gls	50	
		Kacang kedelai murni	¼ gls	40	
	Sayur bening	Bayam	¼ gls	30	
		Gambas	¼ gls	30	
Selingan (Snack)					

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Tn MY
 BB/TB : 57 kg / 157 cm
 Umur : 57 tahun
 Jenis kelamin : Laki-laki

Waktu Makan	Menu Masakan	Bahan Makanan			Ket
		Jenis	Banyaknya		
			URT	Gram	
Pagi	Susu DM	Susu Dm	4 sdm	40	
Selingan (Snack)					
Siang	Susu DM	Susu Dm	4 sdm	40	
Selingan (Snack)					
Malam	Susu DM	Susu Dm	4 sdm	40	
Selingan (Snack)					

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Tn M
 BB/TB : 45 kg / 160 cm
 Umur : 59 tahun
 Jenis kelamin : Laki-laki

Waktu Makan	Menu Masakan	Bahan Makanan			Ket
		Jenis	Banyaknya		
			URT	Gram	
Pagi	Nasi Tempe mendoan	Beras putih giling	¼ gls	50	
		Kacang kedelai murni	¼ gls	40	
		Minyak kelapa sawit	1 sdm	5	
		Tepung terigu	5 sdm	50	
	Telor ceplok bumbu merah	Garam	1 sdt	5	
		Telur ayam	1 btr	60	
		Minyak kelapa sawit	1 sdm	5	
		Garam	1 sdt	5	
Selingan (Snack)					
Siang	Nasi Tempe bumbu merah	Beras putih giling	¼ gls	50	
		Kacang kedelai murni	¼ gls	40	
		Minyak kelapa sawit	1 sdm	5	
	Telor ceplok bumbu merah	Tepung terigu	5 sdm	50	
		Garam	1 sdt	5	
		Telur ayam	1 btr	60	
		Minyak kelapa sawit	1 sdm	5	
	Sayur kare	Garam	1 sdt	5	
		Kentang	¼ bh	30	
		Wortel	¼ bh	30	
Selingan (Snack)					
Malam					
Selingan (Snack)					

Pewawancara



SERLY SEPTIYANTI

Formulir Food Recall 24 Jam

Nama : Tn JS
 BB/TB : 49 kg / 163 cm
 Umur : 55 tahun
 Jenis kelamin : Laki-laki

Waktu Makan	Menu Masakan	Bahan Makanan			Ket	
		Jenis	Banyaknya			
			URT	Gram		
Pagi	Nasi	Beras putih giling	¼ gls	50		
Selingan (Snack)	Susu DM	Susu Dm	4 sdm	40		
Siang	Nasi	Beras putih giling	¼ gls	50		
		Telur ayam	1 btr	60		
		Minyak kelapa sawit	1 sdm	5		
	Telor ceplok bumbu merah	Garam	1 sdt	5		
		Bayam	¼ gls	30		
		Gambas	¼ gls	30		
		Tahu cetak	Kacang kedelai murni	¼ gls		40
Selingan (Snack)	Susu DM	Susu Dm	4 sdm	40		
Malam	Nasi	Beras putih giling	¼ gls	50		
		Telur ayam	1 btr	60		
		Omelet telur lunak	Mie	¼ gls		50
	Sayur bening	Garam	1 sdt	5		
		Gula	1 sdt	4		
		Bayam	¼ gls	30		
		Gambas	¼ gls	30		
	Tahu cetak	Kacang kedelai murni	¼ gls	40		
	Selingan (Snack)	Puding jagung	Agar-agar	½ bungkus		50
			Jagung kuning	¼ gls		30

Pewawancara



SERLY SEPTIYANTI

Lampiran 2 Nutrisurvey dari *Food Recall* 24 jam

NutriSurvey for Windows - D:\A_New_REVISI KTI BAB 1-5\Recall 24 jam Ny K.epl

File Edit Calculations Food Extras Help

Women 19-24 years DGE2000 Portion 1 Days

Display options TA A% FA MA NC

Food	Amount	kcal	protein	fat	carbohydr	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa
1 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	
2 ikan segar	40	39.2	7.2	1.0	0.0	0.0			0.2	0.2	11.2	0.0	4.0	
3 minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0	
4 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	
5 gula pasir	4	15.5	0.0	0.0	4.0	0.0			0.0	0.0	0.0	0.0	0.0	
6 bayam segar	40	14.8	1.5	0.1	2.9	0.2			1.2	0.2	207.6	13.2	41.6	
7 tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0	
8 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	
9 bayam segar	40	14.8	1.5	0.1	2.9	0.2			1.2	0.2	207.6	13.2	41.6	
10 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	
11 ikan segar	40	39.2	7.2	1.0	0.0	0.0			0.2	0.2	11.2	0.0	4.0	
12 tepung terigu	50	182.0	5.2	0.5	38.2	1.4			0.6	0.3	0.0	0.0	9.0	
13 telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4	
14 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	
15 gula pasir	4	15.5	0.0	0.0	4.0	0.0			0.0	0.0	0.0	0.0	0.0	
16 bayam segar	40	14.8	1.5	0.1	2.9	0.2			1.2	0.2	207.6	13.2	41.6	
17 tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0	
18														
19														
20														
21														
22														
23														

Total analysis:

- energy 814.6 kcal
- protein (24%) 47.8 g
- fat (21%) 19.3 g
- carbohydr. (56%) 113.4 g
- dietary fiber 16.0 g
- NaCl 1.6 g
- chlorine 1057.5 mg
- iron 13.8 mg
- zinc 6.1 mg
- Vit. A 1010.7 µg
- Vit. C 39.6 mg
- tot. fol.acid 234.2 µg
- water 66.1 g
- alcohol (0%) - g
- PUFA 4.6 g
- cholesterol 290.4 mg
- carotene 0.0 mg
- Vit. E (eq.) 3.7 mg
- Vit. B1 0.5 mg
- Vit. B2 0.8 mg
- Vit. B6 1.2 mg
- sodium 4650.1 mg
- potassium 1640.3 mg
- calcium 433.5 mg
- magnesium 301.2 mg
- phosphorus 858.5 mg

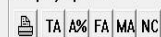
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Display options



Women 19-24 years DGE2000 Portion 1 Days

Food	Amount	kcal	protein	fat	carbohyd	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa	Total analysis:
1 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		energy 891.2 kcal
2 daging ayam	40	114.0	10.8	7.6	0.0	0.0			0.6	0.7	15.6	0.0	2.0		protein (15%) 33.5 g
3 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		fat (18%) 17.7 g
4 gula pasir	4	15.5	0.0	0.0	4.0	0.0			0.0	0.0	0.0	0.0	0.0		carbohydr. (67%) 145.7 g
5 telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4		dietary fiber 18.4 g
6 tepung tapioka	50	190.5	0.2	0.1	45.7	0.4			0.3	0.1	0.0	0.0	0.0		NaCl 1.7 g
7 bihun	30	114.3	0.1	0.0	27.4	0.3			0.2	0.0	0.0	0.0	0.0		chlorine 1097.3 mg
8 tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0		iron 10.0 mg
9 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		zinc 6.1 mg
10 buncis mentah	30	10.5	0.6	0.1	2.4	1.0			0.4	0.1	20.1	3.0	9.9		Vit. A 1128.9 µg
11 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6		Vit. C 12.6 mg
12 Melon fresh	40	15.3	0.2	0.1	3.3	0.1	0.0	3.2	0.2	0.0	13.2	2.4	2.0		tot. fol.acid 117.4 µg
13 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		water 155.8 g
14 buncis mentah	30	10.5	0.6	0.1	2.4	1.0			0.4	0.1	20.1	3.0	9.9		alcohol (0%) - g
15 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6		PUFA 4.4 g
16															cholesterol 286.0 mg
17															carotene 4.8 mg
18															Vit. E (eq.) 3.0 mg
19															Vit. B1 0.4 mg
20															Vit. B2 0.7 mg
21															Vit. B6 0.5 mg
22															sodium 2733.0 mg
23															potassium 1051.3 mg
															calcium 169.2 mg
															magnesium 168.7 mg
															phosphorus 621.3 mg

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File Edit Calculations Food Extras Help



Display options

TA A% FA MA NC

Women 19-24 years DGE2000 Portion 1 Days

Food	Amount	kcal	protein	fat	carbohyd	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa	Total analysis:
1 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		energy 142.5 kcal
2 tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0		protein (20%) 7.3 g
3 buncis mentah	30	10.5	0.6	0.1	2.4	1.0			0.4	0.1	20.1	3.0	9.9		fat (15%) 2.5 g
4 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6		carbohydr. (64%) 23.4 g
5 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		dietary fiber 6.9 g
6															NaCl 0.6 g
7															chlorine 370.8 mg
8															iron 4.5 mg
9															zinc 1.8 mg
10															Vit. A 492.8 µg
11															Vit. C 5.1 mg
12															tot. fol.acid 37.5 µg
13															water 48.8 g
14															alcohol (0%) - g
15															PUFA 1.4 g
16															cholesterol 0.0 mg
17															carotene 2.3 mg
18															Vit. E (eq.) 0.6 mg
19															Vit. B1 0.1 mg
20															Vit. B2 0.1 mg
21															Vit. B6 0.1 mg
22															sodium 236.7 mg
23															potassium 370.1 mg
															calcium 78.6 mg
															magnesium 82.1 mg
															phosphorus 177.0 mg

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Women 19-24 years DGE2000 Portion 1 Days

Display options TA A% FA MA NC

Food	Amount	kcal	protein	fat	carbohydr	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa
1 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	
2 daging sapi	40	107.6	10.0	7.2	0.0	0.0			0.7	1.6	0.0	0.0	2.4	
3 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	
4 gula pasir	4	15.5	0.0	0.0	4.0	0.0			0.0	0.0	0.0	0.0	0.0	
5 telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4	
6 tepung tapioka	50	190.5	0.2	0.1	45.7	0.4			0.3	0.1	0.0	0.0	0.0	
7 susu skim / tak berlemak cair	40	14.0	1.4	0.1	2.0	0.0			0.0	0.2	0.4	0.4	2.0	
8 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	
9 telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4	
10 minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0	
11 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	
12 tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0	
13 kangkung	40	6.0	0.9	0.1	0.8	0.8			0.4	0.1	121.2	10.0	29.2	
14 susu skim / tak berlemak cair	40	14.0	1.4	0.1	2.0	0.0			0.0	0.2	0.4	0.4	2.0	
15 pisang kepok	30	34.8	0.2	0.1	9.4	0.7			0.2	0.0	27.3	3.3	7.8	
16 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	
17 daging ayam	40	114.0	10.8	7.6	0.0	0.0			0.6	0.7	15.6	0.0	2.0	
18 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	
19 tempe kedele murni	40	79.6	7.6	3.1	6.8	0.6			0.9	0.7	0.4	0.0	20.8	
20 minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0	
21 tepung terigu	50	182.0	5.2	0.5	38.2	1.4			0.6	0.3	0.0	0.0	9.0	
22 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	
23 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6	

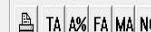
Total analysis:

- energy 1378.0 kcal
- protein (20%) 66.5 g
- fat (29%) 44.9 g
- carbohydr. (52%) 175.1 g
- dietary fiber 18.9 g
- NaCl 1.7 g
- chlorine 1075.0 mg
- iron 12.0 mg
- zinc 9.4 mg
- Vit. A 1367.0 µg
- Vit. C 20.1 mg
- tot. fol.acid 194.3 µg
- water 92.9 g
- alcohol (0%) - g
- PUFA 7.5 g
- cholesterol 572.0 mg
- carotene 2.3 mg
- Vit. E (eq.) 5.6 mg
- Vit. B1 0.6 mg
- Vit. B2 1.2 mg
- Vit. B6 1.0 mg
- sodium 8668.7 mg
- potassium 1604.3 mg
- calcium 338.0 mg
- magnesium 232.6 mg
- phosphorus 1017.6 mg

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Display options



Women 19-24 years DGE2000 Portion 1 Days

	Food	Amount	kcal	protein	fat	carbohydrate	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol. acid	wa	Total analysis:
1	beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		energy 383.7 kcal
2	agar-agar	50	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		protein (11%) 11.2 g
3	jagung kuning segar	30	32.4	1.0	0.4	7.5	0.8			0.2	0.2	3.9	1.8	13.8		fat (4%) 1.9 g
4	beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		carbohydr. (84%) 82.6 g
5	pisang kepok	30	34.8	0.2	0.1	9.4	0.7			0.2	0.0	27.3	3.3	7.8		dietary fiber 15.2 g
6	beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		NaCl 1.6 g
7	pisang kepok	30	34.8	0.2	0.1	9.4	0.7			0.2	0.0	27.3	3.3	7.8		chlorine 1057.5 mg
8																iron 4.5 mg
9																zinc 3.8 mg
10																Vit. A 60.0 µg
11																Vit. C 8.4 mg
12																tot. fol. acid 83.4 µg
13																water 66.1 g
14																alcohol (0%) - g
15																PUFA 0.9 g
16																cholesterol 0.0 mg
17																carotene 0.0 mg
18																Vit. E (eq.) 1.5 mg
19																Vit. B1 0.2 mg
20																Vit. B2 0.2 mg
21																Vit. B6 0.4 mg
22																sodium 653.1 mg
23																potassium 788.7 mg
																calcium 33.3 mg
																magnesium 112.8 mg
																phosphorus 395.7 mg

NutriSurvey for Windows - D:\A_New_REVISI KTI BAB 1-5\Recall 24 jam Ny KR.epl

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Display options

TA A% FA MA NC

Women 19-24 years DGE2000 Portion 1 Days

Food	Amount	kcal	protein	fat	carbohydr	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa	Total analysis:
1 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		energy 1366.6 kcal
2 tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0		protein (17%) 57.3 g
3 daging sapi	40	107.6	10.0	7.2	0.0	0.0			0.7	1.6	0.0	0.0	2.4		fat (25%) 39.2 g
4 garam	1.3	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		carbohydr. (58%) 196.3 g
5 gula pasir	4	15.5	0.0	0.0	4.0	0.0			0.0	0.0	0.0	0.0	0.0		dietary fiber 22.3 g
6 telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4		NaCl 1.7 g
7 tepung tapioka	50	190.5	0.2	0.1	45.7	0.4			0.3	0.1	0.0	0.0	0.0		chlorine 1112.4 mg
8 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6		iron 14.8 mg
9 kentang	30	27.9	0.6	0.0	6.5	0.4			0.1	0.1	0.0	3.9	2.7		zinc 9.2 mg
10 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		Vit. A 2201.1 µg
11 telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4		Vit. C 24.6 mg
12 minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0		tot. fol.acid 185.5 µg
13 garam	1.3	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		water 146.5 g
14 tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0		alcohol (0%) - g
15 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6		PUFA 7.0 g
16 kentang	30	27.9	0.6	0.0	6.5	0.4			0.1	0.1	0.0	3.9	2.7		cholesterol 538.8 mg
17 pisang kepok	30	34.8	0.2	0.1	9.4	0.7			0.2	0.0	27.3	3.3	7.8		carotene 7.0 mg
18 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		Vit. E (eq.) 5.1 mg
19 tempe kedele murni	40	79.6	7.6	3.1	6.8	0.6			0.9	0.7	0.4	0.0	20.8		Vit. B1 0.6 mg
20 minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0		Vit. B2 1.0 mg
21 tepung terigu	50	182.0	5.2	0.5	38.2	1.4			0.6	0.3	0.0	0.0	9.0		Vit. B6 1.2 mg
22 garam	1.3	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		sodium 6698.6 mg
23 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6		potassium 1914.0 mg
															calcium 272.8 mg
															magnesium 286.3 mg
															phosphorus 946.6 mg

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Display options

 TA A% FA MA NC

Women 19-24 years DGE2000 Portion 1 Days

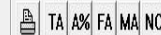
Food	Amount	kcal	protein	fat	carbohydr	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa	Total analysis:
1 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	energy	1416.7 kcal
2 tempe kedele murni	40	79.6	7.6	3.1	6.8	0.6			0.9	0.7	0.4	0.0	20.8	protein (17%)	59.3 g
3 minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0	fat (21%)	34.5 g
4 tepung terigu	50	182.0	5.2	0.5	38.2	1.4			0.6	0.3	0.0	0.0	9.0	carbohydr. (62%)	216.6 g
5 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	dietary fiber	21.4 g
6 daging sapi	40	107.6	10.0	7.2	0.0	0.0			0.7	1.6	0.0	0.0	2.4	NaCl	1.7 g
7 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	chlorine	1094.1 mg
8 gula pasir	4	15.5	0.0	0.0	4.0	0.0			0.0	0.0	0.0	0.0	0.0	iron	13.4 mg
9 telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4	zinc	9.2 mg
10 tepung tapioka	50	190.5	0.2	0.1	45.7	0.4			0.3	0.1	0.0	0.0	0.0	Vit. A	1725.1 µg
11 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6	Vit. C	23.7 mg
12 kentang	30	27.9	0.6	0.0	6.5	0.4			0.1	0.1	0.0	3.9	2.7	tot. fol.acid	198.2 µg
13 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	water	119.7 g
14 tempe kedele murni	40	79.6	7.6	3.1	6.8	0.6			0.9	0.7	0.4	0.0	20.8	alcohol (0%)	- g
15 minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0	PUFA	7.0 g
16 tepung terigu	50	182.0	5.2	0.5	38.2	1.4			0.6	0.3	0.0	0.0	9.0	cholesterol	284.4 mg
17 garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0	carotene	4.7 mg
18 Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6	Vit. E (eq.)	4.2 mg
19 kentang	30	27.9	0.6	0.0	6.5	0.4			0.1	0.1	0.0	3.9	2.7	Vit. B1	0.6 mg
20 beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0	Vit. B2	0.8 mg
21 tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0	Vit. B6	1.2 mg
22 bayam segar	30	11.1	1.1	0.1	2.2	0.2			0.9	0.1	155.7	9.9	31.2	sodium	6605.9 mg
23 gambas / oyong mentah	30	6.0	0.3	0.1	1.3	0.4			0.1	0.1	8.7	1.8	6.0	potassium	1729.6 mg
														calcium	301.9 mg
														magnesium	271.8 mg
														phosphorus	932.0 mg

NutriSurvey for Windows - D:\A_New_REVISI KTI BAB 1-5\Recall 24 jam Tn MY.epl

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Women 19-24 years DGE2000 Portion 1 Days

	Food	Amount	kcal	protein	fat	carbohydr	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa	Total analysis:
1	susu skim / tak berlemak cair	40	14.0	1.4	0.1	2.0	0.0			0.0	0.2	0.4	0.4	2.0		energy 41.9 kcal
2	susu skim / tak berlemak cair	40	14.0	1.4	0.1	2.0	0.0			0.0	0.2	0.4	0.4	2.0		protein (39%) 4.1 g
3	susu skim / tak berlemak cair	40	14.0	1.4	0.1	2.0	0.0			0.0	0.2	0.4	0.4	2.0		fat (5%) 0.2 g
4																carbohydr. (56%) 5.9 g
5																dietary fiber 0.0 g
6																NaCl - g
7																chlorine - mg
8																iron 0.0 mg
9																zinc 0.5 mg
10																Vit. A 1.2 µg
11																Vit. C 1.2 mg
12																tot. fol. acid 6.0 µg
13																water - g
14																alcohol (0%) - g
15																PUFA 0.0 g
16																cholesterol 2.4 mg
17																carotene - mg
18																Vit. E (eq.) 0.0 mg
19																Vit. B1 0.0 mg
20																Vit. B2 0.2 mg
21																Vit. B6 0.0 mg
22																sodium 62.4 mg
23																potassium 199.2 mg
																calcium 147.6 mg
																magnesium 13.2 mg
																phosphorus 121.2 mg



NutriSurvey for Windows - D:\A_New_REVISI KTI BAB 1-5\Recall 24 jam Tn M.epl

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Display options

 TA A% FA MA NC

Women 19-24 years DGE2000 Portion 1 Days

	Food	Amount	kcal	protein	fat	carbohydr	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa	Total analysis:
1	beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		energy 1105.3 kcal
2	tempe kedele murni	40	79.6	7.6	3.1	6.8	0.6			0.9	0.7	0.4	0.0	20.8		protein (18%) 48.0 g
3	minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0		fat (33%) 40.9 g
4	tepung terigu	50	182.0	5.2	0.5	38.2	1.4			0.6	0.3	0.0	0.0	9.0		carbohydr. (50%) 136.7 g
5	garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		dietary fiber 14.0 g
6	telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4		NaCl 1.1 g
7	minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0		chlorine 723.3 mg
8	garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		iron 7.9 mg
9	beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		zinc 6.2 mg
10	tempe kedele murni	40	79.6	7.6	3.1	6.8	0.6			0.9	0.7	0.4	0.0	20.8		Vit. A 1702.0 µg
11	minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0		Vit. C 6.0 mg
12	tepung terigu	50	182.0	5.2	0.5	38.2	1.4			0.6	0.3	0.0	0.0	9.0		tot. fol.acid 154.7 µg
13	garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		water 70.9 g
14	telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4		alcohol (0%) - g
15	minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0		PUFA 6.3 g
16	garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		cholesterol 508.8 mg
17	kentang	30	27.9	0.6	0.0	6.5	0.4			0.1	0.1	0.0	3.9	2.7		carotene 2.3 mg
18	Carrot fresh	30	7.7	0.3	0.1	1.4	1.1	0.0	18.3	0.6	0.2	472.2	2.1	3.6		Vit. E (eq.) 5.1 mg
19																Vit. B1 0.4 mg
20																Vit. B2 0.9 mg
21																Vit. B6 0.7 mg
22																sodium 8349.9 mg
23																potassium 1047.7 mg
																calcium 194.4 mg
																magnesium 159.3 mg
																phosphorus 738.1 mg

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 TA A% FA MA NC

Women 19-24 years DGE2000 Portion 1 Days

	Food	Amount	kcal	protein	fat	carbohyd	dietary	NaCl	chlorine	iron	zinc	Vit. A	Vit. C	tot. fol	wa	Total analysis:
1	beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		energy 932.4 kcal
2	susu skim / tak berlemak cair	40	14.0	1.4	0.1	2.0	0.0			0.0	0.2	0.4	0.4	2.0		protein (17%) 40.8 g
3	beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		fat (34%) 36.7 g
4	telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4		carbohydr. (48%) 112.7 g
5	minyak kelapa sawit	5	43.1	0.0	5.0	0.0	0.0			0.0	0.0	250.0	0.0	0.0		dietary fiber 17.3 g
6	garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		NaCl 1.6 g
7	bayam segar	30	11.1	1.1	0.1	2.2	0.2			0.9	0.1	155.7	9.9	31.2		chlorine 1057.5 mg
8	gambas / oyong mentah	30	6.0	0.3	0.1	1.3	0.4			0.1	0.1	8.7	1.8	6.0		iron 12.6 mg
9	tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0		zinc 6.8 mg
10	susu skim / tak berlemak cair	40	14.0	1.4	0.1	2.0	0.0			0.0	0.2	0.4	0.4	2.0		Vit. A 815.5 µg
11	beras putih giling	50	93.9	3.2	0.5	18.8	4.3	0.5	352.5	1.3	1.2	0.5	0.0	18.0		Vit. C 37.5 mg
12	telur ayam	60	93.1	7.6	6.4	0.7	0.0			0.7	0.7	114.0	0.0	26.4		tot. fol.acid 221.0 µg
13	fujimie (terigu, tapioka, garam	50	250.5	3.0	12.9	31.0	1.3			0.6	0.3	2.5	11.5	10.0		water 66.1 g
14	garam	5	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		alcohol (0%) - g
15	gula pasir	4	15.5	0.0	0.0	4.0	0.0			0.0	0.0	0.0	0.0	0.0		PUFA 12.3 g
16	bayam segar	30	11.1	1.1	0.1	2.2	0.2			0.9	0.1	155.7	9.9	31.2		cholesterol 510.4 mg
17	gambas / oyong mentah	30	6.0	0.3	0.1	1.3	0.4			0.1	0.1	8.7	1.8	6.0		carotene 0.0 mg
18	tahu	40	30.4	3.2	1.9	0.8	0.5			2.2	0.3	0.0	0.0	6.0		Vit. E (eq.) 5.1 mg
19	agar-agar	50	0.0	0.0	0.0	0.0	0.0			0.0	0.0	0.0	0.0	0.0		Vit. B1 0.6 mg
20	jagung kuning segar	30	32.4	1.0	0.4	7.5	0.8			0.2	0.2	3.9	1.8	13.8		Vit. B2 1.1 mg
21																Vit. B6 0.9 mg
22																sodium 4727.2 mg
23																potassium 1454.6 mg
																calcium 433.1 mg
																magnesium 258.1 mg
																phosphorus 864.2 mg

Lampiran 3 Surat Permohonan Ijin Penelitian



KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
DIREKTORAT JENDERAL TENAGA KESEHATAN
POLITEKNIK KESEHATAN KEMENKES MALANG

Jl. Besar Ijen No.77C Malang 65112, Telp. (0341) 566075, 571388, Fax. (0341) 556746
 Website: <http://www.poltekkes-malang.ac.id> E-mail: direktorat@poltekkes-malang.ac.id



Nomor : DP.02.01/5.0/ 0976 /2023 Malang, 12 April 2023
 Lampiran : -
 Perihal : Surat Permohonan Ijin Penelitian
 Dalam Memenuhi Penyusunan Tugas Akhir KTI

Kepada Yth.
 Direktur RSUD Bangil Pasuruan
 Di
 Tempat

Dalam rangka pemenuhan Tugas Akhir Karya Tulis Ilmiah, bersama ini kami hadapkan Sery Septiyanti. (NIM.P17110204158) mahasiswa Program Studi D3 Gizi Jurusan Gizi Politeknik Kesehatan Kemenkes Malang. Mahasiswa yang bersangkutan dapat diijinkan untuk melakukan Penelitian, pada:

Tanggal : 12 sd 30 April 2023
 Waktu : 08.00 – selesai
 Tempat : RSUD Bangil Pasuruan

Dengan judul :
 Gambaran asupan mineral dan tekanan Darah pada penderita Hipertensi di RSUD Bangil Kabupaten Pasuruan.

Data yang diambil :
 Food Recall 24 Jam

Demikian atas perhatian dan kerjasamanya yang baik kami sampaikan terima kasih.



Tembusan disampaikan kepada Yth :

1. Kepala Diklit RSUD Bangil Kabupaten Pasuruan
2. Kepala Instalasi Gizi RSUD Bangil Kabupaten Pasuruan

- Kampus Utama : Jalan Besar Ijen No. 77 c Malang, 65112. Telepon (0341) 566075, 571388
 - Kampus I : Jalan Srikoyo No. 106 Jember. Telepon (0331) 486613
 - Kampus II : Jalan Ahmad Yani Sumberporong Lawang. Telepon (0341) 427847
 - Kampus III : Jalan Dr. Soetomo No. 46 Blitar. Telepon (0342) 801043
 - Kampus IV : Jalan KH. Wakhid Hasyim No. 64 B Kediri. Telepon (0354) 773095
 - Kampus V : Jalan Dr. Soetomo No. 5 Trenggalek Telp (0355) 791293
 - Kampus VI : Jalan Dr. Cipto Mangunkusumo No. 82A Ponorogo Telp (0352) 461792





**PEMERINTAH KABUPATEN PASURUAN
RUMAH SAKIT UMUM DAERAH BANGIL**

Jl. Raya Raci - Bangil, Pasuruan Kode Pos 67153
Telp. (0343) 744900, 747789 Faks. (0343) 744940, 747789



Nomor : 445.1/ 1012/424.072.01/2022
Lampiran : -
Hal : Permohonan Penelitian
Pasien Hipertensi

Pasuruan, 27 April 2023
Kepada
Yth Kepala Bidang Keperawatan
RSUD Bangil
di
Tempat

Perihal permohonan penelitian kesehatan yang dilakukan di RSUD Bangil maka kami hadapkan peneliti:

Nama : Serly Septiyanti
NIM : P17110204158
Program Studi : D3 Gizi Jurusan Gizi Poltekkes Kemenkes Malang
Judul : Gambaran Asupan Mineral dan Tekanan Darah pada penderita Hipertensi di ruang rawat inap

Mohon diberikan kesempatan kepada peneliti untuk melakukan pemenuhan tugas akhir dengan ketentuan :

1. Penelitian dilaksanakan sewaktu praktik Asuhan Gizi Klinis tgl 2-6 Mei 2023.
2. Pelaksanaan penelitian mengedepankan etika, kerahasiaan dan tidak diperbolehkan melakukan dokumentasi berkenaan status pasien.

Demikian disampaikan, atas perhatian dan bantuannya diucapkan terima kasih.

A.n DIREKTUR RSUD BANGIL
KABUPATEN PASURUAN
Kepala Bagian Pengembangan
ub.

SubKo. Diklat dan Penelitian



P. A. SHARANA

PRANATA, S.Kep, Ns
Penata
NIP.19820226 200501 1 009

Tembusan:

1. SubKo Rawat Jalan dan IGD Bidang Keperawatan
2. Kepala Ruang Anggrek
3. Kepala Ruang Melati