

# GAMBARAN KONSUMSI *JUNK FOOD*, SAYUR, BUAH, DAN ASUPAN SERAT PADA MAHASISWA KOS JURUSAN GIZI DI POLITEKNIK KESEHATAN KEMENKES SURABAYA

## ABSTRAK

**Latar Belakang,** Kebiasaan konsumsi makanan masyarakat saat ini cenderung lebih memilih *fast food* atau *junk food*. Begitu juga mahasiswa yang tinggal di kos. Tingkat konsumsi *junkfood* yang tinggi dan tidak diimbangi dengan pola makan bergizi seimbang dapat menyebabkan gangguan kesehatan. Salah satu contohnya adalah gangguan pencernaan karena kekurangan serat. Sumber serat pangan yang termudah ditemukan adalah sayur dan buah. Namun masih banyak mahasiswa yang kurang konsumsi sayur buah. **Tujuan,** Untuk mengidentifikasi konsumsi *junk food*, sayur, buah, dan asupan serat pada mahasiswa kos Jurusan Gizi di Poltekkes Surabaya. **Metode,** Penelitian termasuk penelitian deskriptif dan 49 sampel adalah mahasiswa kos Jurusan Gizi Poltekkes Surabaya. Pengambilan data penelitian menggunakan metode FFQ dan SQ – FFQ melalui wawancara lalu dianalisis menggunakan aplikasi Nutrisurvey. **Hasil,** Hasilnya menunjukkan sebanyak 69% responden konsumsi *junk food* termasuk kategori sering, sebanyak 82% responden konsumsi sayur termasuk kategori kurang, sebanyak 75,5% responden konsumsi buah termasuk kategori kurang, dan sebanyak 94% asupan serat harian termasuk kurang. **Kesimpulan,** Sebagian besar mahasiswa kos Jurusan Gizi sering konsumsi *junk food*, kurang konsumsi sayur dan buah sehingga asupan serat pun menjadi kurang. **Saran,** Mahasiswa kos Jurusan Gizi hendaknya mengurangi konsumsi *junk food*, dan konsumsi sayur buah dalam jumlah cukup.

**Kata Kunci:** *Konsumsi Junk Food, Konsumsi Sayur, Konsumsi Buah, Asupan Serat*

**DESCRIPTION OF CONSUMPTION OF JUNK FOOD, VEGETABLES,  
FRUIT, AND FIBER INTAKE IN BOARDING STUDENTS OF  
NUTRITION DEPARTMENT AT THE HEALTH POLYTECHNIC OF  
THE MINISTRY OF HEALTH, SURABAYA**

**ABSTRACT**

**Background**, current dietary habits tend to favor *fast food* or *junk food*. So are the students who live in the loft. High *junk food* consumption that does not measure up with nutritious balanced foods can lead to health disorders. A case in point is indigestion due to a lack of fiber. the easiest source of food fiber to find are vegetables and fruits. But there are still a lot of underconsumption students of vegetables and fruit. **Purpose**, the study aims to see the typical diet of *junk food*, vegetables, fruit, and fiber intake of nutrition students at the surabaya ministry of health. **Methods**, this research is a descriptive study. The sample from the study is a student conducting the nutrition course for the surabaya ministry of health of 49. The research data uses FFQ and SQ – FFQ method through interviews and then the data is treated using the nutrisurvey application. **Results**, have shown that as many as 69% of those who eat *junk food* are often category, as much as 82% of those who eat vegetables fall under less, as much as 75,5% of those who eat less, and as much as 94% daily fiber intake fall short. **In conclusion**, most of the nutrition board students often consume *junk food* and consume fewer vegetables and fruits, so their fiber intake decreases. **Suggestion**, boarding students of the Nutrition Department should reduce their consumption of *junk food* and consume vegetables and fruits in sufficient quantities.

**Keywords:** *junk food, vegetable consumption, fruit consumption, fiber intake*