

**GAMBARAN ASUPAN PROTEIN, PURIN DAN STATUS GIZI PADA  
PASIEN PENDERITA ASAM URAT PASIEN RAWAT JALAN  
PUSKESMAS BANYU URIP SURABAYA**

(Studi Deskriptif di Puskesmas Banyu Urip Surabaya)

Abstrak

**Pendahuluan** Makanan adalah salah satu faktor ancaman yang menyebabkan lebih banyak orang yang menderita asam urat. Asupan protein dan purin yang berlebihan akan meningkatkan berat badan dan kadar asam urat didalam darah, yang menyebabkan kadar asam urat yang lebih tinggi. Asupan makanan yang tinggi purin adalah salah satu faktor resiko utama penyakit asam urat. **Tujuan penelitian** ini untuk meningkatkan gambaran tentang asupan protein, purin, dan status gizi pasien asam urat rawat jalan di Puskesmas Banyu Urip Surabaya. **Metode Penelitian** ini menggunakan pendekatan deskriptif kuantitatif dan melibatkan lima puluh responden yang menderita asam urat. Data dihimpun melalui wawancara yang melibatkan kuisisioner tentang identitas dan karakteristik responden, formulir recall tentang asupan protein dan purin, dan pengukuran antropometri untuk mengetahui status gizi pasien yang menderita asam urat di Puskesmas Banyu Urip Surabaya. **Hasil penelitian** menunjukkan bahwa 26 orang didalam keluarganya menderita asam urat, 28 orang menderita hiperurisemia, 21 orang memiliki status gizi yang lebih baik, 23 orang mengonsumsi lebih banyak protein, dan 13 orang memiliki asupan purin yang tinggi. **Kesimpulannya**, jika seseorang mengonsumsi protein dan purin dengan cukup, kemungkinan menderita asam urat akan berkurang.

Kata Kunci : *Asupan Protein, Purin, Status Gizi, Asam Urat*

**DESCRIPTION OF PROTEIN, PURINE INTAKE AND NUTRITIONAL  
STATUS IN PATIENTS WITH GOUT IN OUTPATIENTS OF BANYU  
URIP PUSKESMAS SURABAYA**

(Descriptive Study at Banyu Urip Community Health Center, Surabaya)

Abstract

**Introduction** Food is one of the threat factors that causes more people to suffer from gout. Excessive protein and purine intake will increase body weight and uric acid levels in the blood, which causes higher uric acid levels. Food intake that is high in purines is one of the main risk factors for gout. **The aim of this research** is to improve the picture of protein intake, purines and nutritional status of outpatient gout patients at the Banyu Urip Community Health Center, Surabaya. **This research method** uses a quantitative descriptive approach and involves fifty respondents who suffer from gout. Data was collected through interviews involving questionnaires about the identity and characteristics of respondents, recall forms about protein and purine intake, and anthropometric measurements to determine the nutritional status of patients suffering from gout at the Banyu Urip Community Health Center, Surabaya. **The results** showed that 26 people in their families suffered from gout, 28 people suffered from hyperuricemia, 21 people had better nutritional status, 23 people consumed more protein, and 13 people had a high purine intake. **Conclusion**, if a person consumes enough protein and purine, the possibility of suffering from gout will decrease.

Keywords: *Protein Intake, Purine, Nutritional Status, Uric Acid*