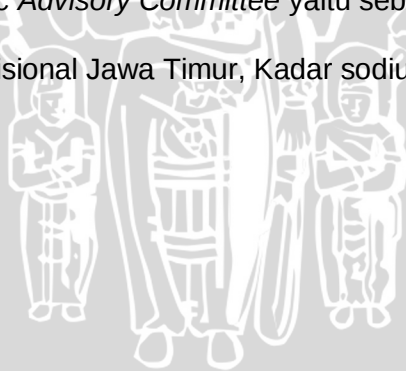


ABSTRAK

Puspitasari, Ajeng Dias. 2013. **Hasil Analisis Kadar Sodium Pada Makanan Tradisional Jawa Timur di Kota Malang**. Tugas Akhir, Fakultas Kedokteran Universitas Brawijaya. Dosen Pembimbing: (1) dr.Harun Al-Rasyid, MPH (2) Fajar Ari Nugroho, S.Gz, M.Kes.

Salah satu upaya menurunkan kejadian hipertensi ialah perubahan pola makan. Perubahan pola makan sangat terkait dengan informasi gizi dari suatu kelompok makanan. Informasi nilai gizi makanan tradisional Jawa Timur, khususnya kadar sodium masih sangat terbatas. Penelitian ini adalah penelitian deskriptif yang bertujuan untuk mengetahui kadar sodium pada makanan tradisional Jawa Timur di kota Malang. Sepuluh kelompok makanan diambil secara *purposive sampling* yang terdiri dari tahu tek, bakso, pecel, rujak cingur, tahu campur, rawon, soto ayam, soto daging, sate kambing, dan sate ayam. Kadar sodium diukur menggunakan metode spektrofotometri. Hasil data diolah menggunakan *One-Way Anova* dan didapatkan perbedaan yang bermakna pada rata-rata kadar sodium dalam tiap kelompok makanan ($Anova, p=0,001$). Rata-rata kadar sodium tertinggi ada pada tahu tek yaitu 191,6 mg/100 gr yang diduga terdapat bahan khas seperti kecap yang membuat kadar sodium menjadi tinggi. Rata-rata kadar sodium terendah pada pecel yaitu 11,6 mg/100 gr yang belum diketahui bahan apa yang membuat kadar sodium rendah. Kesimpulan dari penelitian ini adalah kadar sodium pada makanan tradisional Jawa Timur di kota Malang terbilang cukup rendah hingga sedang dari anjuran AHA dan *The 2010 Dietary Guidelines Scientific Advisory Committee* yaitu sebesar 1500 mg/hari.

Kata kunci : Makanan Tradisional Jawa Timur, Kadar sodium



ABSTRACT

Puspitasari, Ajeng Dias. 2013. ***Analysis Results of Sodium Levels of East Java Traditional Foods in Malang***. Final Assignment, Faculty of Medicine, Brawijaya University. Supervisors: (1) dr. Harun Al-Rasyid, MPH. (2) Fajar Ari Nugroho S.Gz,M.Kes.

One of efforts to decrease the incidence of hypertension is dietary changes. Changes in eating patterns are strongly associated with nutritional informations of food groups. Nutritional value informations of traditional foods in East Java, especially sodium levels are very limited. This study is a descriptive study aimed to determine the level of sodium in East Java traditional foods in Malang. Ten food groups were selected by purposive sampling consisted of tahu tek, bakso, pecel, rujak singur, tahu campur, rawon, soto ayam, soto daging, sate kambing, and sate ayam. Sodium levels were measured using a spectrophotometric method. The results of the data were processed by One - Way ANOVA and found a significant difference of average sodium levels among each food group (ANOVA, $p = 0.001$). The average highest sodium level is in tahu tek at 191.6 mg/100 gr which is allegedly contained ingredients like soy sauce that makes the sodium level high. The average lowest sodium level is in pecel at 11.6 mg/100 gr which no ingredients are found that can cause lower sodium level. The conclusion of this study is sodium levels from traditional foods in Malang, East Java are quite low to moderate, compared to AHA recommendation and The 2010 Dietary Guidelines Scientific Advisory Committee that is equal to 1500 mg/day.

Keywords: Traditionals Foods, Sodium Levels