

Lampiran 1. Formulir Pernyataan Kesiediaan Menjadi Responden

**SURAT PERNYATAAN KESEDIAAN MENJADI
RESPONDEN PENELITIAN**

Saya yang bertanda tangan di bawah ini :

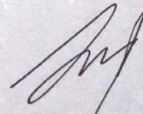
Nama Lengkap : Moch. Barik Zulfikar
Umur : 16 tahun
Kelas : XI MIA 1
Sekolah : SMAN 2 Blitar
No Telephone : 0822 2888 1224

Menyatakan bersedia untuk menjadi responden dalam penelitian:

Nama : Destri Amalia Saputri
Judul : Kajian Pola Makan, Asupan Zat Gizi Dan Aktivitas Fisik Remaja
Overweight Sebagai Deteksi Dini Kejadian Diabetes Melitus Tipe 2
Pada Remaja Di Kota Blitar

Demikian surat pernyataan ini dibuat untuk dapat digunakan sebagaimana mestinya
dan apabila suatu saat sebelum penelitian ini selesai kami mengundurkan diri sebagai
responden karena suatu hal, maka sebelumnya kami akan mengajukan keberatan pada
peneliti.

Blitar, 03 - 01 2020

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(Fikar)

Lampiran 2. Formulir Aktivitas Fisik

FORMULIR AKTIVITAS FISIK

Tanggal Pengambilan data :

Nama Lengkap : Moch. Barik Zulfikar

Kelas : XI MIA I

Sekolah : SMAN 3 kota Blitar

No Telephone : 0822 2888 1424

NO	Aktivitas Fisik	Waktu/Lama Melakukan (Menit/Jam)
Aktivitas umum		
1.	Tidur	7 - 9 Jam
2.	Berbaring	1 - 2 Jam
3.	Berdiri	2 - 3 Jam
4.	Berpakaian	23 - Jam
5.	Mencuci tangan/wajah dan rambut	± 10 mnt
6.	Menganyam rambut	-
7.	Makan dan minum	10 - 20 mnt
Transportasi		
8.	Berjalan (berjalan-jalan keliling)	30 mnt - 1 Jam
9.	Jalan pelan	30 mnt - 1 Jam
10.	Jalan cepat	-
11.	Jalan menanjak/mendaki	-
12.	Jalan menurun/turun	-
13.	Naik tangga	-
14.	Duduk di bus/kendaraan/kereta	10 mnt - 2 Jam
Aktivitas dengan beban		
15.	Berjalan dengan beban 15-20 kg	-
16.	Berjalan dengan beban 25-30 kg	-
17.	Membawa beban 20-30 kg di kepala	-
18.	Membawa beban 35-60 kg di kepala	-
19.	Membawa beban 27 kg dengan selempang di bahu	-
20.	Membawa beban 27 kg dengan selempang di kepala	-
Pekerjaan memasak		
21.	Menimba air dari sumur	-
22.	Meremas adonan	-

NO	Aktivitas Fisik	Waktu/Lama Melakukan (Menit/Jam)
Pekerjaan memasak		
23.	Membersihkan sayuran	-
24.	Berbelanja	$\pm 1 \text{ jam}$
25.	Meremas kelapa	-
26.	Mencuci piring	-
Membersihkan rumah		
27.	Membersihkan rumah (tidak spesifik)	10 - 15 mnt
28.	Memukul keset/karpet	-
29.	Merapikan tempat tidur (iklim tropis)	-
30.	Mengepel lantai	-
31.	Menggosok lantai	-
32.	Menyapu lantai	10 - 15 mnt
33.	Menyedot debu	-
34.	Membersihkan jendela	-
Laundry		
35.	Mencuci pakaian (duduk/jongkok)	10 - 20 mnt
36.	Menjemur pakaian di luar rumah	$\pm$ mnt
37.	Menyetrika pakaian	-
38.	Menjagit/merajut	-
Merapikan halaman/berkebun		
39.	Membersihkan/menyapu halaman	-
40.	Membersihkan rumput	-
Aktivitas olahraga		
41.	Senam aerobik (intensitas rendah)	-
42.	Basket	15 - 30 mnt
43.	Memukul bola	-
44.	Bowling (bola gelinding)	-
45.	Olahraga tanpa bantuan alat atau hanya mengandalkan berat badan, seperti push-up, pull-up, sit-up, squat, jumping jack, leg raise, etc	30 mnt - 1 jam
46.	Sepak bola	10 - 15 mnt
47.	Golf	-
48.	Dayung	-

NO	Aktivitas Fisik	Waktu/Lama Melakukan (Menit/Jam)
Aktivitas olahraga		
49.	Lari jarak jauh	± 15 mnt
50.	Lari sprint	-
51.	Perahu layar	-
52.	Renang	-
53.	Tenis	-
54.	Bola voli	-
Aktivitas rekreasi lain		
55.	Tari/dansa	-
56.	Mendengarkan radio/music	5 - 30 mnt
57.	Melukis	-
58.	Main kartu/main games	1 - 2 jam
59.	Main drum	-
60.	Main piano	-
61.	Main terompet	-
62.	Membaca	15 - 45 mnt
63.	Menonton televisi	1 - 2 jam

Sumber : FAO, Human Energy Requirements (2011) dalam Darmidy (2014)

Blitar, 2020
Pewawancara,

(.....)

Lampiran 3. Formulir Recall 24 Jam

FORMULIR FOOD RECALL 24 JAM

Nama : Moch. Barik
BB/ TB :
Umur :
Jenis Kelamin :
Hari ke :
Alamat :
Kategori :

Waktu Makan	Nama Masakan	Bahan Makanan			Ket.
		Jenis	Banyaknya		
			URT	gram	
Siang	Mie Goreng	Sedap	1 bh		
Snack	Poti	Isi krim	1 bh		
Pagi	Susu	Begkain	1 bh		
Snack					
	Nasi Ayam Goreng Tepung	Paha	1 bh 1 bh		
Snack					

Ket: * Pilih dg melingkari salah satu yg sesuai

17.00 Nasi bakar 1 ctg
Ayam suwir 2 sdm
12.30 Nasi 2 ctg
Tempe 2 ptg
Sayur Pepaya 1 gdt syr

Pewawancara,
(.....)

Lampiran 4. Formulir FFQ

FORMULIR FREKUENSI MAKANAN

Jenis Makanan	Frekuensi									Porsi/ URT	Total	gr/ hari
	Tidak pernah <1 x per bulan	1x per bulan	2-3 per bulan	1x per minggu	2x per minggu	3-4 per minggu	5-6 per minggu	1x per hari	≥ 2x per hari			
1. Makanan pokok												
a. Beras									✓	2 ctg 1 bh		
b. Jagung	✓											
c. Ubi	✓											
d. Singkong	✓											
e.												
f.												
g.												
2. Sumber lauk hewani												
a. Daging sapi			✓							2 ptg	empat	
b. Daging kambing	✓											
c. Ayam					✓					1 ptg		
d. Udang		✓								3-16 bh		
e. Ikan			✓							3 bh	lele	
f. Telur						✓				1 btr		
g.												
h.												
i.												
3. Sumber lauk nabati												
a. Tempe					✓					2-3 ptg	sdg	
b. Tahu			✓							2-3 ptg	sdg	
c.												
d.												
e.												

Jenis Makanan	Frekuensi								Porsi/ URT	Total (gram)	gr/ hari
	Tidak pernah < 1x per bulan	1x per bulan	2-3 per bulan	1x per minggu	2x per minggu	3-4 per minggu	5-6 per minggu	1x per hari	2x per hari		
4. Sumber Vitamin											
A. Sayur-sayuran											
1) Wortel					✓					3 sdm	
2) Kacang panjang			✓							3 sdm	
3) Buncis	✓										
4) Sawi				✓						3 sdm	
5) Kangkung	✓										
6) Bayam			✓							5 sdm	
7) Kubis				✓						2 hebi	
8) Kecambah		✓								1 sdm	
9)											
10)											
11)											
12)											
B. Buah-buahan											
1) Pisang						✓				1-2 bh Ambon	
2) Pepaya	✓										
3) Jeruk				✓						1-2 bh	
4) Apel		✓								1 bh	
5) Semangka	✓										
6)											
7)											
8)											
9)											
10)											
11)											
12)											

Lampiran 5. Daftar Indeks Glikemik Bahan Makanan

No	Bahan Makanan	Indeks Glikemik (IG)	Kategori
Sumber Karbohidrat			
1.	Beras	97	Tinggi
2.	Jagung	41,37	Rendah
3.	Ubi	61	Sedang
4.	Singkong	55	Rendah
Sumber Protein Hewani			
1.	Daging sapi	0	Rendah
2.	Daging kambing	0	Rendah
3.	Ayam	0	Rendah
4.	Udang	0	Rendah
5.	Ikan	0	Rendah
6.	Telur	0	Rendah
Sumber Protein Nabati			
1.	Kacang Kedelai	18	Rendah
Sumber Vitamin dan Mineral (Sayuran)			
1.	Wortel	35	Rendah
2.	Buncis	47	Rendah
3.	Bayam	15	Rendah
4.	Kubis	10	Rendah
Sumber Vitamin dan Mineral (Buah)			
1.	Pisang	59	Sedang
2.	Pepaya	55	Rendah
3.	Jeruk	37	Rendah
4.	Apel	41	Rendah
5.	Semangka	64	Sedang

Lampiran 6. Data Recall 24 Jam Responden

NO	HASIL RECALL				KECUKUPAN KONSUMSI				% KONSUMSI			
	ENERGI	PROTEIN	LEMAK	KARBO	ENERGI	PROTEIN	LEMAK	KARBO	ENERGI	PROTEIN	LEMAK	KARBO
1	1023.8	40.6	50.4	101.4	2650	75	85	400	38.6	54.1	59.3	25.4
2	3164.5	268.1	191.4	91.1	2650	75	85	400	119.4	357.5	225.2	22.8
3	771	38	42.1	62	2100	65	70	300	36.7	58.5	60.1	20.7
4	1406.3	65.5	91.7	80.6	2100	65	70	300	67.0	100.8	131.0	26.9
5	786.3	27	29	105.8	2100	65	70	300	37.4	41.5	41.4	35.3
6	1340.6	65.8	82.6	84.4	2100	65	70	300	63.8	101.2	118.0	28.1
7	645.6	23.8	29.8	69.2	2100	65	70	300	30.7	36.6	42.6	23.1
8	725.4	26.1	21.8	102.4	2650	75	85	400	27.4	34.8	25.6	25.6
9	901.2	31.7	47.6	95.7	2100	65	70	300	42.9	48.8	68.0	31.9
10	708.8	25.6	23.4	98.4	2650	75	85	400	26.7	34.1	27.5	24.6
11	985.8	38.9	46.6	99.9	2100	65	70	300	46.9	59.8	66.6	33.3
12	727.9	23.2	33	85	2100	65	70	300	34.7	35.7	47.1	28.3
13	805.8	32.7	24.3	112	2650	75	85	400	30.4	43.6	28.6	28.0
14	562.1	20.8	26	64.5	2100	65	70	300	26.8	32.0	37.1	21.5
15	1091.2	46.5	63.6	87.5	2100	65	70	300	52.0	71.5	90.9	29.2
16	1502.5	45.7	49.2	220.5	2100	65	70	300	71.5	70.3	70.3	73.5
17	882.9	28.5	28.1	130.5	2650	75	85	400	33.3	38.0	33.1	32.6
18	709.5	18.8	17.4	115.2	2100	65	70	300	33.8	28.9	24.9	38.4
19	793.7	24	15.6	141	2100	65	70	300	37.8	36.9	22.3	47.0
20	990.8	62.6	25.3	123.2	2100	65	70	300	47.2	96.3	36.1	41.1
21	1061.8	34.4	35.1	147.1	2100	65	70	300	50.6	52.9	50.1	49.0

NO	HASIL RECALL				KECUKUPAN KONSUMSI				% KONSUMSI			
	ENERGI	PROTEIN	LEMAK	KARBO	ENERGI	PROTEIN	LEMAK	KARBO	ENERGI	PROTEIN	LEMAK	KARBO
22	1697.8	54.6	53	257	2650	75	85	400	64.1	72.8	62.4	64.3
23	1695.3	70.4	62	209.3	2650	75	85	400	64.0	93.9	72.9	52.3
24	1373.7	48.2	43.7	184.5	2100	65	70	300	65.4	74.2	62.4	61.5
25	864.1	28.5	25.5	131.1	2100	65	70	300	41.1	43.8	36.4	43.7
26	351	12.6	17.9	33.8	2100	65	70	300	16.7	19.4	25.6	11.3
27	1224.5	41.5	33.4	187.4	2100	65	70	300	58.3	63.8	47.7	62.5
28	630.5	22.7	31.9	63.5	2100	65	70	300	30.0	34.9	45.6	21.2
29	1064.5	55.4	55.8	77.4	2100	65	70	300	50.7	85.2	79.7	25.8
30	854.3	19	33.9	117.8	2100	65	70	300	40.7	29.2	48.4	39.3

Lampiran 7. Data FFQ Responden

NO	MAKANAN POKOK																																							
	Beras									PORSI (URT)	Jagung									PORSI (URT)	Ubi									PORSI (URT)	Singkong									PORSI (URT)
1									1	2 1/2 ctg	1									1 bh	1									1 1/2 ptg	1								1 ptg	
2									1	1 1/2 ctg	1									1 bh	1									1 ptg		1							3 ptg	
3									1	2 ctg	1									tdk pnh	1									tdk pnh	1								tdk pnh	
4									1	1 ctg	1									tdk pnh	1									tdk pnh	1								tdk pnh	
5									1	1 ctg				1						1 bh				1						2 ptg				1					1 ptg	
6									1	1 ctg					1					1 bh					1					1 ptg					1				1 ptg	
7									1	1 1/2 ctg	1									tdk pnh	1									tdk pnh	1								tdk pnh	
8									1	3 ctg				1						1 bh					1					1 ptg				1					1 ptg	
9								1		1 ctg	1									tdk pnh	1									tdk pnh		1							3 ptg	
10									1	2 ctg				1						1 bh				1						1 ptg	1								tdk pnh	
11								1		2 ctg	1									tdk pnh	1									tdk pnh		1							5 ptg	
12									1	1 ctg	1									1 bh		1								1 bh		1							2 ptg	
13									1	2 ctg	1									1 bh	1									tdk pnh	1								tdk pnh	
14									1	1 ctg				1						1 bh				1						1/2 bh			1						3 ptg	
15									1	1 ctg		1								1/2 ptg			1							1 ptg			1						1 ptg	
16									1	1 ctg		1								1 bh		1								1 ptg		1							1 ptg	
17									1	2 ctg		1								1 bh	1									1 ptg		1							2 ptg	
18								1		1 ctg		1								1/2 ptg				1						1 ptg				1					1/2 ptg	
19									1	1 ctg				1						1/2 ptg		1								1/2 ptg	1								1 ptg	

No	MAKANAN POKOK																																							
	Beras									PORSI (URT)	Jagung									PORSI (URT)	Ubi									PORSI (URT)	Singkong									PORSI (URT)
	1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	
20									1	1 ctg	1									tdk pnh	1									tdk pnh			1							1 ptg
21									1	1 ctg	1									1 bh	1									1 ptg	1									2 ptg
22									1	2 ctg		1								1 bh	1									tdk pnh			1							1 ptg
23									1	2 ctg	1									1 bh	1									tdk pnh		1								3 ptg
24									1	2 ctg				1						1 bh	1									tdk pnh	1									tdk pnh
25									1	1 1/2 ctg					1					1 bh		1								1 ptg		1							1 ptg	
26									1	1 ctg	1									tdk pnh	1									tdk pnh	1									tdk pnh
27								1		1 ctg					1					1/2 bh						1				1 ptg					1					1 ptg
28									1	1 1/2 ctg	1									tdk pnh	1									tdk pnh				1						1 ptg
29									1	1 ctg	1									tdk pnh								1	1 ptg						1					1 ptg
30									1	2 ctg	1									1/2 bh	1									tdk pnh	1									tdk pnh

No	LAUK HEWANI																													
	Daging Sapi									Porsi (URT)	Daging Kambing									Porsi (URT)	Ayam									Porsi (URT)
1	1				1					3 ptg	1									Tdk pnh				1						1 ptg
2					1					3 ptg		1								3 ptg							1			1 ptg
3	1									1 ptg	1									Tdk pnh						1				1 ptg
4	1									1 ptg	1									Tdk pnh			1							1 ptg
5								1		2 ptg	1									Tdk pnh								1		1 ptg
6						1				1 ptg		1								1 ptg				1						1 ptg
7							1			1 ptg	1									Tdk pnh							1			2 ptg
8		1								1 ptg		1								1 ptg					1					1 ptg
9			1							1 ptg	1									Tdk pnh					1					1 ptg
10		1								1 ptg	1									Tdk pnh				1						1 ptg
11		1								1 ptg		1								1 ptg					1					1 ptg
12	1									1 ptg	1									Tdk pnh				1						1 ptg
13			1							2 ptg	1									Tdk pnh					1					1 ptg
14					1					3 ptg		1								5 tsk sate							1			2 ptg
15		1								1 ptg	1									Tdk pnh			1							1 ptg
16		1								1 ptg		1								1 ptg							1			1 ptg
17	1									3 ptg	1									2 tsk sate						1				1 ptg
18		1								1 ptg	1									Tdk pnh			1							1 ptg
19		1								3 ptg	1									Tdk pnh					1					1 ptg
20		1								3 ptg	1									Tdk pnh			1							1 ptg
21				1						3 ptg	1									3 tsk sate				1						1 ptg
22		1								3 ptg		1								3 tsk sate				1						1 ptg
23	1									3 ptg		1								7 tsk sate					1					1 ptg
24	1									1 ptg	1									Tdk pnh					1					1 ptg
25					1					1 ptg		1								Tdk pnh						1				1 ptg
26	1									4 ptg	1									Tdk pnh						1				1 ptg
27	1									2 ptg	1									Tdk pnh					1					1 ptg
28			1							2 ptg	1									Tdk pnh					1					1 ptg
29			1							2 ptg		1								3 tsk sate							1			1 ptg
30					1					1 ptg	1									Tdk pnh						1				1 ptg

No	LAUK HEWANI																													
	Udang									Porsi (URT)	Ikan									Porsi (URT)	Telur									Porsi (URT)
1	1									Tdk pnh					1						1 ptg							1		1 btr
2	1									Tdk pnh			1								1 ptg						1			1 btr
3	1									Tdk pnh	1										1 ptg						1			1 btr
4	1									Tdk pnh		1									1 ptg					1				1 btr
5	1									Tdk pnh				1							1 ptg					1				1 btr
6			1							3 bh			1								1 ptg							1		1 btr
7	1									Tdk pnh					1						2 ptg					1				1 btr
8				1						2 bh				1							1 ptg					1				1 btr
9	1									Tdk pnh			1								1 ptg								1	1 btr
10				1						2 bh		1									1 ptg				1					1 btr
11	1									Tdk pnh			1								1 ptg								1	1 btr
12		1								2 bh				1							1 ptg				1					1 btr
13		1								8 bh			1								3 ptg					1				1 btr
14					1					5 bh			1								2 ptg				1					1 btr
15	1									Tdk pnh			1								1 ptg				1					1 btr
16				1						2 bh	1										1 ptg							1		1 btr
17	1									Tdk pnh				1							1 ptg					1				1 btr
18	1									Tdk pnh					1						2 ptg							1		1 btr
19	1									Tdk pnh	1										Tdk pnh					1				1 btr
20	1									Tdk pnh			1								1 ptg					1				1 btr
21				1						5 bh				1							2 ptg				1					1 btr
22	1									Tdk pnh						1					1 ptg					1				1 btr
23	1									Tdk pnh				1							1 ptg						1			2 btr
24			1							2 bh		1									1 ptg						1			1 btr
25					1					3 bh						1					1 ptg					1				1 btr
26	1									Tdk pnh						1					½ ptg							1		1 btr
27				1						2 bh				1							1 ptg							1		1 btr
28			1							2 bh			1								1 ptg						1			1 btr
29			1							2 bh						1					1 ptg					1				1 btr
30		1								8 bh	1										Tdk pnh					1				1 btr

No	LAUK NABATI																			
	Tempe									Porsi (URT)	Tahu									Porsi (URT)
	1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	
1								1		1 ptg								1		1 ptg
2								1		1 ptg								1		1 ptg
3								1		4 ptg						1				4 ptg
4				1						1 ptg				1						1 ptg
5									1	1 ptg									1	1 ptg
6									1	1 ptg									1	1 ptg
7									1	1 ptg									1	1 ptg
8					1					1 ptg					1					1 ptg
9								1		5 ptg								1		3 ptg
10				1						1 ptg				1						1 ptg
11					1					3 ptg								1		5 ptg
12					1					2 ptg				1						2 ptg
13									1	3 ptg			1							1 ptg
14						1				3 ptg				1						2 ptg
15					1					2 ptg			1							1 ptg
16							1			1 ptg					1					1 ptg
17						1				2 ptg							1			2 ptg
18							1			1 ptg								1		2 ptg
19						1				1 ptg						1				1 ptg
20									1	3 ptg						1				3 ptg
21						1				3 ptg									1	2 ptg
22				1						1 ptg				1						1 ptg
23						1				2 ptg				1						2 ptg
24							1			1 ptg						1				1 ptg
25								1		1 ptg							1			1 ptg
26										1 ptg							1			1 ptg
27							1			1 ptg							1			1 ptg
28					1					1 ptg					1					1 ptg
29							1			1 ptg							1			1 ptg
30					1					1 ptg						1				3 ptg

NO	SAYURAN																																							
	Wortel									PORSI (URT)	Kacang Panjang									PORSI (URT)	Buncis									PORSI (URT)	Sawi									PORSI (URT)
1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9					
1				1						1 sds				1					1 sds	1										½ sds				1						1 sds
2						1				½ sds						1			1 sds	1										Tdk pnh						1				1 sds
3								1		1 sds							1		1 sds						1					1 ½ sds	1									Tdk pnh
4				1						1 sds				1					1 sds					1						1 sds					1					1 sds
5								1		1 sds						1			1 sds							1				1 sds						1				1 sds
6				1						1 sds				1					1 sds					1						1 sds				1						1 sds
7				1						1 sds				1					1 sds					1						1 sds				1						1 sds
8					1					1 sds		1							1 sds		1									1 sds					1					1 sds
9									1	2 sds								1	1 sds								1		1 sds								1		2 sds	
10				1						1 sds		1							1 sds		1								1 sds				1						1 sds	
11									1	2 sds								1	1 sds								1		2 sds								1		2 sds	
12				1						½ sds				1					½ sds								1		2 sds								1		2 sds	
13					1					1 sds			1						1 sds	1									Tdk pnh				1						2 sds	
14					1					3 sds				1					2 sds					1					2 sds						1				2 sds	
15					1					1 sds			1						1 sds		1								1 sds					1					1 sds	
16								1		1 sds					1				1 sds					1					1 sds							1			1 sds	
17				1						1 ½ sds		1							1 sds	1									Tdk pnh				1						2 sds	
18					1					1 sds				1					1 sds		1								1 sds					1					1 sds	
19						1				1 sds		1							½ sds						1				1 sds							1			1 sds	
20					1					1 sds					1				1 sds					1					1 sds				1						1 sds	
21								1		1 sds	1								Tdk pnh							1			1 sds				1						1 sds	
22					1					1 sds					1				1 sds					1					1 sds					1					1 sds	
23				1						2 sds	1								1 sds	1									1 sds				1						2 sds	

No	SAYURAN																																							
	Wortel									Porsi (URT)	Kacang Panjang									Porsi (URT)	Buncis									Porsi (URT)	Sawi									Porsi (URT)
1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9					
24						1				1 sds					1					1 sds			1							1 sds					1					1 sds
25							1			1 sds						1				1 sds			1							1 sds						1				1 sds
26					1					1 ½ sds					1					2 sds	1									Tdk pnh					1				2 sds	
27				1						1 sds	1									1 sds				1						1 sds	1								1 sds	
28							1			1 sds					1					1 sds			1							1 sds			1						1 sds	
29						1				1 sds							1			1 sds						1				1 sds							1		1 sds	
30						1				1 sds	1									Tdk pnh							1			2 sds	1								Tdk pnh	

NO	SAYURAN																																							
	Kangkung									PORSI (URT)	Bayam									PORSI (URT)	Kubis									PORSI (URT)	Kecambah									PORSI (URT)
1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9					
1					1					2 sds					1					1 sds	1									½ sds	1								2 sdm	
2						1				1 sds					1					1 sds						1				1 sds					1				2 sdm	
3						1				1 ½ sds	1									Tdk pnh					1					1 sds					1				1 sdm	
4					1					1 sds					1					1 sds					1					1 sds				1					1 sdm	
5							1			1 sds						1				1 sds	1									Tdk pnh		1							2 sdm	
6				1						1 sds				1						1 sds					1					1 sds				1					2 sdm	
7				1						1 sds				1						1 sds	1									Tdk pnh				1					2 sdm	
8				1						1 sds					1					1 sds				1						1 sds		1							1 sdm	
9			1							2 sds					1					1 sds				1						2 sds	1								Tdk pnh	
10				1						1 sds				1						1 sds					1					1 sds		1							1 sdm	
11									1	1 sds								1		1 sds								1	2 sds	1									Tdk pnh	
12									1	1 sds				1						1 sds					1					1 sds					1				1 sdm	
13	1									Tdk pnh				1						2 sds					1					1 sds		1							1 sdm	
14				1						2 sds					1					2 sds					1					2 sds					1				3 sdm	
15			1							1 sds					1					1 sds				1						1 sds			1						1 sdm	
16							1			1 sds						1				1 sds						1				1 sds					1				1 sdm	
17				1						2 sds				1						2 sds						1				½ sds				1					1 sdm	
18			1							1 sds					1					1 sds						1				1 sds				1					1 sdm	
19							1			2 sds			1							1 sds						1				1 sds		1							½ sdm	
20				1						1 sds					1					1 sds					1					1 sds				1					1 sdm	
21				1						2 sds				1						2 sds						1				2 sds	1								2 sdm	
22				1						1 sds				1						1 sds				1						1 sds				1					1 sdm	

No	SAYURAN																																								
	Kangkung									Porsi (URT)	Bayam									Porsi (URT)	Kubis									Porsi (URT)	Kecambah									Porsi (URT)	
1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9						
23		1								2 sds				1						2 sds	1										Tdk pnh	1									Tdk pnh
24			1							1 sds					1					1 sds			1							1 sds			1							1 sdm	
25							1			1 sds						1				1 sds				1						1 sds					1					1 sdm	
26					1					3 sds					1					3 sds				1						1 sds		1								1 sdm	
27		1								1 sds					1					1 sds				1						1 sds					1					1 sdm	
28					1					1 sds			1							1 sds					1					1 sds					1					1 sdm	
29					1					1 sds					1					1 sds						1				1 sds						1				1 sdm	
30			1							2 sds			1							2 sds				1						1 sds	1									Tdk pnh	

No	BUAH																													
	Pisang									Porsi (URT)	Pepaya									Porsi (URT)	Jeruk									Porsi (URT)
	1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	
1					1					1 bh	1									1 ptg					1					1 bh
2						1				2 bh								1		3 ptg				1						1 bh
3						1				2 bh								1		1 ptg				1						1 bh
4	1									1 bh			1							1 ptg			1							1 bh
5								1		1 bh				1						2 ptg				1						1 bh
6								1		1 bh								1		1 ptg							1			1 bh
7						1				2 bh								1		2 ptg						1				2 bh
8						1				1 bh						1				1 ptg					1					1 bh
9							1			2 bh								1		3 ptg					1					2 bh
10				1						1 bh				1						1 ptg		1								1 bh
11							1			1 bh	1									Tdk pnh							1			1 bh
12				1						1 bh				1						2 ptg					1					1 bh
13						1				2 bh	1									Tdk pnh				1						2 bh
14						1				3 bh						1				2 ptg				1						3 bh
15				1						1 bh				1						1 ptg		1								1 bh
16							1			1 bh				1						1 ptg				1						1 bh
17		1								1 bh	1									Tdk pnh		1								1 bh
18						1				1 bh		1								1 ptg	1									1 bh
19								1		1 bh	1									Tdk pnh			1							½ bh
20			1							1 bh		1								1 ptg		1								1 bh
21					1					1 bh	1									tdk pnh				1						1 bh
22					1					1 bh			1							1 ptg						1				1 bh
23								1		2 bh		1								4 ptg		1								2 bh
24			1							1 bh			1							1 ptg		1								1 bh
25					1					1 bh				1						1 ptg						1				1 bh
26			1							1 bh		1								1 ptg	1									1 bh
27							1			1 bh				1						1 ptg					1					1 bh
28						1				1 bh							1			1 ptg				1						1 bh
29		1								1 bh					1					1 ptg					1					1 bh
30			1							3 bh				1						2 ptg	1									2 bh

No	BUAH																			
	Apel									Porsi (URT)	Semangka									Porsi (URT)
	1	2	3	4	5	6	7	8	9		1	2	3	4	5	6	7	8	9	
1	1									1 bh	1									1 ptg
2		1								1 bh		1								2 ptg
3	1									¼ bh	1									1 ptg
4			1							¼ bh			1							1 ptg
5								1		1 bh				1						1 ptg
6								1		½ bh								1		1 ptg
7	1									½ bh							1			1 ptg
8		1								½ bh					1					1 ptg
9					1					2 bh							1			2 ptg
10		1								¼ bh					1					1 ptg
11							1			1 bh							1			2 ptg
12					1					¼ bh					1					1 ptg
13		1								1 bh	1									Tdk pnh
14				1						1 bh				1						2 ptg
15		1								1 bh		1								1 ptg
16							1			1 bh				1						1 ptg
17		1								1 bh		1								1 ptg
18	1									1 bh		1								1 ptg
19		1								½ bh			1							½ ptg
20			1							1 bh		1								1 ptg
21						1				1 bh				1						1 ptg
22			1							1 bh	1				1					1 ptg
23				1						1 bh	1									2 ptg
24			1							1 bh					1					1 ptg
25				1						1 bh				1						1 ptg
26						1				1 bh	1									½ ptg
27		1								1 bh		1								1 ptg
28				1						1 bh					1					1 ptg
29		1								1 bh					1					1 ptg
30	1									¼ bh			1							1 ptg

Lampiran 8. Data Aktivitas Fisik

No	PAR																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	1	1.2	1.4	2.4	2.3	1.8	1.4	2.1	2.8	3.8	7.1	3.5	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.9	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
2	1	1.2	1.4	2.4	2.3	1.8	1.4	2.1	2.8	3.8	7.1	3.5	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.9	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
3	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
4	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
5	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
6	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
7	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
8	1	1.2	1.4	2.4	2.3	1.8	1.4	2.1	2.8	3.8	7.1	3.5	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.9	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
9	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
10	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
11	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
12	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
13	1	1.2	1.4	2.4	2.3	1.8	1.4	2.1	2.8	3.8	7.1	3.5	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.9	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
14	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
15	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
16	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
17	1	1.2	1.4	2.4	2.3	1.8	1.4	2.1	2.8	3.8	7.1	3.5	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.9	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
18	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
19	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
20	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
21	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
22	1	1.2	1.4	2.4	2.3	1.8	1.4	2.1	2.8	3.8	7.1	3.5	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.9	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
23	1	1.2	1.4	2.4	2.3	1.8	1.4	2.1	2.8	3.8	7.1	3.5	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.9	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
24	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
25	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4

No	PAR																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
26	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
27	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
28	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
29	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4
30	1	1.2	1.5	3.3	2.3	1.8	1.6	2.5	3	3.8	5.4	3.2	5	1.2	3.5	3.9	3.5	5.8	5	5.32	4.5	3.4	1.5	4.6	2.4	1.7	2.8	6.2	3.4	4.4	4.4

No	PAR																															
	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
26	2.3	3.9	3	2.8	4.4	1.7	1.5	3.6	2.9	4.27	7.74	4.85	4.21	5.44	8	4.38	5.34	6.55	8.28	1.54	9	5.92	6.06	5.09	1.43	1.27	1.75	3.71	2.25	1.77	1.25	1.64
27	2.3	3.9	3	2.8	4.4	1.7	1.5	3.6	2.9	4.27	7.74	4.85	4.21	5.44	8	4.38	5.34	6.55	8.28	1.54	9	5.92	6.06	5.09	1.43	1.27	1.75	3.71	2.25	1.77	1.25	1.64
28	2.3	3.9	3	2.8	4.4	1.7	1.5	3.6	2.9	4.27	7.74	4.85	4.21	5.44	8	4.38	5.34	6.55	8.28	1.54	9	5.92	6.06	5.09	1.43	1.27	1.75	3.71	2.25	1.77	1.25	1.64
29	2.3	3.9	3	2.8	4.4	1.7	1.5	3.6	2.9	4.27	7.74	4.85	4.21	5.44	8	4.38	5.34	6.55	8.28	1.54	9	5.92	6.06	5.09	1.43	1.27	1.75	3.71	2.25	1.77	1.25	1.64
30	2.3	3.9	3	2.8	4.4	1.7	1.5	3.6	2.9	4.27	7.74	4.85	4.21	5.44	8	4.38	5.34	6.55	8.28	1.54	9	5.92	6.06	5.09	1.43	1.27	1.75	3.71	2.25	1.77	1.25	1.64

No	ΣPAR																															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
1	420	144	420	12	11.5	5.4	1.4	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8.5	28	0	17	44	22	
2	420	216	252	12	34.5	9	28	63	56	38	35.5	17.5	50	36	0	0	0	0	0	0	0	0	0	0	0	0	84	0	51	0	0	
3	360	144	45	396	0	0	24	0	0	0	0	0	50	0	0	0	0	0	0	0	0	0	0	0	0	0	168	31	34	264	0	
4	360	432	0	9.9	11.5	0	16	25	0	0	0	0	0	0	0	0	0	0	0	0	0	17	3	0	0	8.5	84	0	17	66	0	
5	420	144	0	6.6	0	0	16	0	0	0	0	0	50	0	0	0	0	0	0	0	0	0	0	0	0	0	168	31	17	264	0	
6	420	0	0	16.5	138	27	19.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	138	0	17	336	186	51	132	198	
7	450	72	0	6.6	11.5	0	16	0	0	0	0	0	0	216	0	0	0	0	0	0	4.5	0	1.5	138	0	25.5	84	62	3.4	132	0	
8	300	144	0	12	11.5	0	14	10.5	14	0	0	0	10	36	0	0	10.5	0	0	0	13.5	0	0	23	0	8.5	168	31	17	66	88	
9	360	36	22.5	16.5	23	9	16	75	45	0	0	0	25	0	0	0	0	0	0	0	0	23.8	7.5	69	12	17	56	31	17	66	44	
10	360	144	90	16.5	34.5	9	32	0	0	0	27	0	75	0	0	0	0	0	0	0	45	0	0	0	0	0	84	0	51	0	0	
11	420	72	22.5	16.5	23	1.8	24	75	45	0	0	0	0	0	0	0	0	0	0	0	0	34	7.5	69	0	8.5	56	31	34	66	22	
12	300	36	45	16.5	23	9	24	37.5	60	0	0	0	50	0	0	0	0	0	0	0	0	34	7.5	138	19.2	25.5	84	6.2	51	132	66	
13	540	144	252	7.2	23	0	28	126	168	0	0	0	0	12	0	0	0	0	0	0	0	0	0	0	276	0	0	42	0	0	0	0
14	360	0	0	16.5	23	9	48	0	0	0	0	0	0	36	0	0	0	0	0	0	0	0	7.5	138	19.2	34	42	0	51	110	0	
15	480	144	180	49.5	34.5	0	24	150	0	57	0	0	50	36	0	0	0	0	0	0	0	0	7.5	46	19.2	25.5	42	0	17	0	0	
16	420	144	90	16.5	34.5	9	32	75	0	0	0	0	75	36	0	0	0	0	0	0	0	0	7.5	0	0	34	84	31	51	132	88	
17	480	72	84	72	23	0	14	0	0	0	0	0	0	72	0	0	0	0	0	0	0	0	0	0	0	0	84	0	34	0	0	
18	450	144	90	16.5	34.5	9	32	75	0	0	0	0	75	0	0	0	0	0	0	0	0	0	0	138	19.2	0	84	0	51	0	0	
19	420	72	45	16.5	23	9	32	75	15	0	0	0	50	36	0	0	0	0	0	0	0	0	7.5	0	0	34	84	0	51	132	66	
20	540	72	7.5	33	34.5	0	8	37.5	90	38	27	16	75	0	0	0	0	0	0	0	0	0	3	46	0	17	28	0	17	66	0	
21	540	144	15	16.5	69	0	8	37.5	90	38	27	16	100	0	0	0	0	0	0	0	0	0	1.5	69	0	34	42	0	17	44	0	
22	360	288	84	72	23	0	42	0	0	114	0	0	75	36	0	0	0	0	0	0	0	0	0	0	0	34	84	0	68	0	0	
23	480	72	336	24	4.6	0	21	126	168	114	142	70	10	0	0	0	0	0	0	0	0	0	0	0	0	25.5	56	0	17	66	0	
24	480	648	360	33	23	1.8	16	450	180	228	243	96	50	288	0	0	0	0	0	0	0	0	15	552	0	17	336	12.4	34	132	22	
25	420	648	360	16.5	23	1.8	11.2	300	180	228	162	96	50	144	0	0	0	0	0	0	0	0	7.5	552	12	17	336	18.6	34	132	22	
26	480	216	180	9.9	11.5	5.4	9.6	0	0	0	0	0	0	216	0	0	0	0	0	0	0	0	15	276	0	0	56	6.2	34	88	0	
27	480	216	90	33	9.2	1.8	32	75	90	76	0	0	25	0	0	0	0	0	0	0	0	67.5	0	6	138	0	25.5	0	0	10.2	66	0

No	ΣPAR																														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
28	480	216	90	66	46	18	48	37.5	90	57	135	32	25	7.2	0	0	0	0	0	0	0	0	4.5	1104	36	5.1	28	0	6.8	44	0
29	420	216	90	66	23	18	48	37.5	90	57	135	32	25	7.2	0	0	0	0	0	0	0	0	4.5	9.2	36	5.1	84	31	17	88	88
30	420	216	90	66	57.5	18	48	37.5	90	57	135	32	25	288	0	0	0	0	0	0	0	0	4.5	552	36	5.1	28	0	6.8	44	0

No	ΣPAR																															
	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
1	11.5	0	0	12 6	44	52. 5	0	18. 5	16. 5	0	0	0	0	81.6	80	0	0	0	0	0	1620	0	727. 2	0	47.1	0	90	0	0	0	18.3	49.2
2	46	0	0	0	0	10 5	0	111	0	0	0	0	0	81.6	0	0	0	95.1	0	0	0	0	0	0	0	0	0	0	0	0	73.2	49.2
3	138	0	45	28	66	51	0	72	0	0	0	0	0	0	0	0	0	65.5	0	0	0	0	181. 8	0	0	0	0	0	0	0	75	98.4
4	34.5	0	18 0	84	66	17	0	54	87	0	0	0	0	81.6	0	0	0	0	0	0	0	0	0	0	85.8	152. 4	525	0	270	0	37.5	0
5	138	0	45	0	66	0	0	36	0	0	0	0	0	0	0	0	0	65.5	0	0	540	0	0	0	0	0	0	0	0	0	0	98.4
6	23	0	15	16 8	13 2	20 4	0	0	0	256. 2	0	0	0	489. 6	36 0	0	0	196.5	124. 2	0	1080	0	363. 6	0	343. 2	0	0	0	0	0	0	295. 2
7	69	0	45	16 8	44	51	0	108	0	0	0	0	0	108. 8	0	0	0	65.5	0	0	0	0	0	0	42.9	0	8.75	0	0	0	0	98.4
8	23	0	30	84	44	52. 5	0	37	49. 5	0	0	0	0	54.4	24 0	0	0	0	41.0 5	0	90	0	0	0	94.2	0	90	0	0	0	6.1	32.8
9	23	0	15	84	66	42. 5	0	54	0	0	0	0	0	54.4	0	0	0	131	82.8	0	180	0	0	0	85.8	0	52.5	0	0	0	56.2 5	147. 6
10	46	0	45	84	11 0	51	0	54	0	0	0	48.5	0	81.6	12 0	0	0	0	82.8	0	90	0	0	0	42.9	0	52.5	0	0	26. 55	75	49.2
11	11.5	0	9	98	44	51	0	108	43. 5	0	0	0	0	81.6	80	0	0	131	0	0	0	0	90.9	0	85.8	0	105	111. 3	0	0	56.2 5	49.2
12	34.5	0	45	16 8	66	10 2	0	108	43. 5	0	0	0	0	0	0	0	0	0	0	0	180	0	0	0	42.9	0	0	0	0	0	6.25	49.2
13	34.5	0	0	56	66	0	0	0	0	0	208. 5	0	0	163. 2	12 0	0	0	95.1	0	0	0	0	0	0	47.1	0	180	0	0	0	54.9	196. 8
14	46	0	45	0	66	51	0	54	43. 5	0	116. 1	0	0	0	0	0	0	0	0	0	540	0	0	0	85.8	0	0	0	0	0	0	98.4
15	23	0	0	84	88	10 2	0	36	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	42.9	0	52.5	0	0	0	187. 5	196. 8
16	46	0	45	0	13 2	51	0	108	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	85.8	0	0	0	0	0	75	49.2
17	23	0	0	16 8	13 2	0	0	111	99	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	540	0	0	0	73.2	98.4
18	46	0	0	0	88	51	0	0	0	0	0	0	0	81.6	0	0	0	0	0	0	0	0	0	0	171. 6	0	0	0	0	0	375	49.2
19	46	0	45	84	88	51	0	108	43. 5	0	0	0	0	81.6	0	0	0	0	82.8	0	0	0	0	0	42.9	0	52.5	0	0	0	37.5	49.2
20	23	0	30	0	44	34	0	36	0	0	0	0	0	0	0	0	0	589.5	0	0	1080	0	0	0	28.6	0	26.2 5	0	0	0	12.5	98.4
21	34.5	0	30	0	22	17	0	54	0	0	0	0	0	0	0	0	0	786	0	0	540	0	0	0	14.3	0	8.75	0	0	0	31.2 5	49.2

No	ΣPAR																															
	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63
22	0	0	0	0	0	0	0	111	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	94.2	0	270	0	0	0	219.6	49.2
23	0	0	0	0	0	0	0	0	0	0	834	0	0	163.2	720	0	0	95.1	41.05	0	0	0	0	0	94.2	0	270	222.6	0	0	146.4	295.2
24	46	0	90	84	0	17	0	18	87	0	0	0	0	54.4	0	0	0	0	0	0	540	0	0	0	171.6	0	210	0	0	0	75	393.6
25	69	0	90	84	132	102	0	216	0	0	0	0	0	326.4	0	0	0	0	496.8	0	270	0	0	0	171.6	0	210	0	0	0	75	98.4
26	23	0	15	0	22	51	0	0	0	0	0	0	0	326.4	0	0	0	0	0	0	2160	0	0	0	85.8	0	210	0	0	0	37.5	590.4
27	2.3	0	15	42	0	8.5	0	0	0	29.89	0	0	0	38.08	0	0	0	131	82.8	0	405	0	90.9	35.63	14.3	0	0	0	0	0	25	49.2
28	23	0	0	168	22	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
29	23	0	30	504	22	42.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
30	23	0	0	168	22	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Lampiran 9. Data Kadar Glukosa Darah Responden

NO	NAMA RESPONDEN	JK		UMUR		GULA DARAH	STANDAR		
		L	P	16	17		BUKAN DM (<90)	BELUM PASTI DM (90-199)	DM (≥200)
1	BINTANG GALIH S	1			1	84	1		
2	NARENDRA RAJA YONSUTA	1			1	105		1	
3	ADIRA VAYYA JAUZANA		1		1	85	1		
4	CINDY KUSUMA DEWI		1	1		89	1		
5	ROBBY ATUSSA ADAH		1		1	82	1		
6	SINTHA TRINANDIRA WATI		1	1		82	1		
7	WAHYU WIDIYAWATI		1		1	82	1		
8	ARYA DITYA PRABOWO	1			1	108		1	
9	NABILLA ALYA NANDA REZKITA		1		1	111		1	
10	ROFI JEFRI H		1	1		89	1		
11	VEREN AURARITA		1		1	99		1	
12	YULI EKO SAPUTRI		1		1	99		1	
13	MOCH. BARIK ZULFIKAR	1		1		118		1	
14	CITRA TIARA NINGATI		1	1		99		1	
15	HAYYI MUFIDA		1		1	96		1	
16	IFA FUAD DINA		1		1	106		1	
17	MUHAMMAD WAHYU NUGROHO	1			1	105		1	
18	MUTIARA SANNY		1		1	84	1		
19	ULFI DIAS NURUL LATIFAH		1	1		96		1	
20	ANGGITA SALSABILLA SANTOSO		1	1		86	1		

NO	NAMA RESPONDEN	JK		UMUR		GULA DARAH	STANDAR		
		L	P	16	17		BUKAN DM (<90)	BELUM PASTI DM (90-199)	DM (≥200)
21	DEVI MUTIARA PRAMANASARI		1	1		92		1	
22	ABDULLAH KAMAL	1			1	96		1	
23	ADYATMA EDGAR RAJENDRA SANTOSO	1		1		103		1	
24	NADIA ZAHRA ASADRINA		1		1	144		1	
25	REGITA DIVA PERMATA		1		1	122		1	
26	RENITA TEREZIA AGATHA		1		1	81	1		
27	MAURA AISHA PUTERI BUDHI		1	1		96		1	
28	LAILATUL RAHMAWATI		1	1		116		1	
29	MELLA SUKMA SETIAWAN		1		1	87	1		
30	PITALOKA PASHA RINO		1		1	113		1	
JUMLAH		7	23	11	19		11	19	
PRSENTASE		23.3	76.7	36.7	63.3		36.7	63.3	