**FORMULIR KARAKTERISTIK SUBJEK**

**Tanggal Pengambilan Data : …………….…., 20..**

1. Nama : ………………………….
2. Usia : ……………..…….. tahun
3. Alamat : ………………………….

………………………….

1. Nomor HP : +62……………………...
2. Pekerjaan :

**Beri tanda ceklis (√) pada lingkaran untuk pilihan yang sesuai**

|  |  |
| --- | --- |
| * PNS | * Wiraswasta |
| * Pegawai Swasta | * Jasa/Buruh |
| * TNI/POLRI | * Tidak Bekerja |

1. Pendidikan Terakhir :

|  |  |
| --- | --- |
| * SD/Sederajat | * Perguruan Tinggi |
| * SMP/Sederajat | * Tidak Sekolah |
| * SMA/Sederajat |  |

1. Berat Badan : ……………..……….. kg
2. Tinggi Badan : ……………..……….. cm
3. Aktivitas Fisik :

|  |  |
| --- | --- |
| * Ringan | * Berat |
| * Sedang |  |

Keterangan : Ringan e.g membaca, menyetir, berjalan

Sedang e.g menyapu, jalan cepat, bersepeda

Berat e.g *aerobic*, mendaki, *jogging*

(Kemenkes RI, 2014)

SEMI FOOD FREQUENCY QUESTIONNAIRE

Hari, tanggal : ….., …...……… 20..

Nama : ……………………..

Usia : ……................ tahun

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| **No** | **Makanan** | **URT** | **Berat**  **(gr)** | **Frekuensi Konsumsi** | | |
| **Hari** | **Minggu** | **Tidak Pernah** |
| **Sumber Karbohidrat** | | | | | | |
|  | Beras putih |  |  |  |  |  |
|  | Beras merah |  |  |  |  |  |
|  | Havermouth/oatmeal/sereal |  |  |  |  |  |
|  | Singkong |  |  |  |  |  |
|  | Ubi |  |  |  |  |  |
|  | Roti |  |  |  |  |  |
|  | Biskuit |  |  |  |  |  |
|  | Krakers |  |  |  |  |  |
|  | Kentang |  |  |  |  |  |
|  | Jagung |  |  |  |  |  |
|  | Mie |  |  |  |  |  |
|  | Bihun |  |  |  |  |  |
|  | Makaroni |  |  |  |  |  |
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| **Sumber Protein Hewani** | | | | | | |
|  | Ayam |  |  |  |  |  |
|  | Bebek |  |  |  |  |  |
|  | Daging sapi |  |  |  |  |  |
|  | Daging kambing |  |  |  |  |  |
|  | Hati/ampela ayam |  |  |  |  |  |
|  | Hati/limpa/otak/usus/paru-paru sapi |  |  |  |  |  |
|  | Telur ayam |  |  |  |  |  |
|  | Telur bebek |  |  |  |  |  |
|  | Ikan segar |  |  |  |  |  |
|  | Ikan asin |  |  |  |  |  |
|  | Udang |  |  |  |  |  |
|  | Cumi-cumi |  |  |  |  |  |
|  | Kerang |  |  |  |  |  |
|  | Kornet |  |  |  |  |  |
|  | Sarden |  |  |  |  |  |
|  | Bakso |  |  |  |  |  |
|  | Sosis |  |  |  |  |  |
|  | Nugget |  |  |  |  |  |
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| **Sumber Protein Nabati** | | | | | | |
|  | Tempe |  |  |  |  |  |
|  | Tahu |  |  |  |  |  |
|  | Oncom |  |  |  |  |  |
|  | Kacang hijau |  |  |  |  |  |
|  | Kacang tanah |  |  |  |  |  |
|  | Kacang merah |  |  |  |  |  |
|  | Sari kedelai |  |  |  |  |  |
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| **Sayur** | | | | | | |
|  | Jamur |  |  |  |  |  |
|  | Bayam |  |  |  |  |  |
|  | Brokoli |  |  |  |  |  |
|  | Kubis |  |  |  |  |  |
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| **Buah** | | | | | | |
|  | Jeruk |  |  |  |  |  |
|  | Kiwi |  |  |  |  |  |
|  | Pisang |  |  |  |  |  |
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| **Susu dan Olahannya** | | | | | | |
|  | Susu segar |  |  |  |  |  |
|  | Susu kental manis |  |  |  |  |  |
|  | Susu bubuk |  |  |  |  |  |
|  | Keju |  |  |  |  |  |
|  | Susu skim cair |  |  |  |  |  |
|  | Yoghurt |  |  |  |  |  |
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| **Sumber Lemak** | | | | | | |
|  | Minyak |  |  |  |  |  |
|  | Kelapa/santan |  |  |  |  |  |
|  | Margarin/mentega |  |  |  |  |  |
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| 1. **Minuman** | | | | | | |
|  | Teh manis |  |  |  |  |  |
|  | Kopi manis |  |  |  |  |  |
|  | Sirup |  |  |  |  |  |
|  | Minuman ringan |  |  |  |  |  |
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