

POLA KONSUMSI MAKANAN CEPAT SAJI DAN STATUS GIZI REMAJA DI SMP SANTO YOSEPH DENPASAR

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Abstract. *In Indonesia, a result of technological developments and socio-economic changes in traditional diet to a western diet such as fast food that contains a lot of energy, fat, and high cholesterol. The purpose of this study was to determine the fast food consumption pattern and the nutritional status of junior high school students Santo Yoseph Denpasar. This research was carried out in SMP Santo Yoseph Denpasar, of 106 samples. Consumption data were collected by interview using a SQ-FFQ. Nutritional status data collected by the weight and height and calculated BMI compared with the WHO in 2007. To analyze the relationship between fast food consumption pattern with nutritional status of SMP Santo Yoseph Denpasar used Pearson correlation test. As many as 40.6% of students with good nutrition status, nutritional status of 27.4% and 15.1% fat nutritional status obesity. There is significant correlation between frequency of fast food consumption, energy consumption levels and fatty fast food with nutritional status of junior high school students Santo Yoseph Denpasar, but no relationship between the type of fast food consumption with the nutritional status of junior high school students Santo Yoseph Denpasar.*

Keywords : *fast food, consumption patterns, nutrition status.*

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