

## FORMULIR FOOD FREKUENSI

Nama :

Umur :

Jenis kelamin :

Pekerjaan :

Beberapa kali anda mengkonsumsi makanan dibawah ini?

| Nama makanan                     | URT | Berat<br>Gram | Frekuensi & berat |        |      |      |       |       | Rata-rata |      |
|----------------------------------|-----|---------------|-------------------|--------|------|------|-------|-------|-----------|------|
|                                  |     |               | x/hari            | g/hari | x/mg | g/mg | x/bln | g/bln | x/mg      | g/hr |
| <b>I. SUMBER KARBOHIDRAT</b>     |     |               |                   |        |      |      |       |       |           |      |
| 1. Nasi Putih                    |     |               |                   |        |      |      |       |       |           |      |
| 2. Nasi Tim                      |     |               |                   |        |      |      |       |       |           |      |
| 3. Bubur Nasi                    |     |               |                   |        |      |      |       |       |           |      |
| 4. Roto Tawar                    |     |               |                   |        |      |      |       |       |           |      |
| 5. Biscuit                       |     |               |                   |        |      |      |       |       |           |      |
| 6. Singkong                      |     |               |                   |        |      |      |       |       |           |      |
| 7. Talas                         |     |               |                   |        |      |      |       |       |           |      |
| 8. Ubi jalar kuning              |     |               |                   |        |      |      |       |       |           |      |
| 9. Mi basah                      |     |               |                   |        |      |      |       |       |           |      |
| 10. Mi kering                    |     |               |                   |        |      |      |       |       |           |      |
| 11. Bihun                        |     |               |                   |        |      |      |       |       |           |      |
| 12. Kentang                      |     |               |                   |        |      |      |       |       |           |      |
| <b>II. SUMBER PROTEIN HEWANI</b> |     |               |                   |        |      |      |       |       |           |      |
| <b>A. IKAN</b>                   |     |               |                   |        |      |      |       |       |           |      |
| 1. Ikan gabus kering             |     |               |                   |        |      |      |       |       |           |      |
| 2. Ikan Asin                     |     |               |                   |        |      |      |       |       |           |      |
| 3. Ikan Kem-bung                 |     |               |                   |        |      |      |       |       |           |      |
| 4. Ikan pindang                  |     |               |                   |        |      |      |       |       |           |      |
| 5. Ikan lele                     |     |               |                   |        |      |      |       |       |           |      |
| 6. Ikan mas                      |     |               |                   |        |      |      |       |       |           |      |
| 7. Teri kering                   |     |               |                   |        |      |      |       |       |           |      |
| 8. Udang segar                   |     |               |                   |        |      |      |       |       |           |      |
| 9. Kerang                        |     |               |                   |        |      |      |       |       |           |      |
| 10. Ikan mujair                  |     |               |                   |        |      |      |       |       |           |      |
| 11. Cumi-cumi                    |     |               |                   |        |      |      |       |       |           |      |
| 12. Calo, peda                   |     |               |                   |        |      |      |       |       |           |      |
| 13. Ikan layur                   |     |               |                   |        |      |      |       |       |           |      |
| 14. Ikan mayong                  |     |               |                   |        |      |      |       |       |           |      |

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| 15. Ikan kakap             |  |  |  |  |  |  |  |  |  |  |  |
| 16. Kepiting               |  |  |  |  |  |  |  |  |  |  |  |
| 17. Ikan layang            |  |  |  |  |  |  |  |  |  |  |  |
| 18. Belut                  |  |  |  |  |  |  |  |  |  |  |  |
| 19. Ikan selar             |  |  |  |  |  |  |  |  |  |  |  |
| 20. Petek                  |  |  |  |  |  |  |  |  |  |  |  |
| 21. Nila merah             |  |  |  |  |  |  |  |  |  |  |  |
| 22. Ikan pari              |  |  |  |  |  |  |  |  |  |  |  |
| 23. Bandeng                |  |  |  |  |  |  |  |  |  |  |  |
| 24. Ikan tengiri           |  |  |  |  |  |  |  |  |  |  |  |
| 25. Ikan tongkol           |  |  |  |  |  |  |  |  |  |  |  |
| 26. Ikan banyar            |  |  |  |  |  |  |  |  |  |  |  |
| B. TELUR DAN DIGING        |  |  |  |  |  |  |  |  |  |  |  |
| 1. Telur puyuh             |  |  |  |  |  |  |  |  |  |  |  |
| 2. Telur bebek             |  |  |  |  |  |  |  |  |  |  |  |
| 3. Telur asin              |  |  |  |  |  |  |  |  |  |  |  |
| 4. Telur ayam              |  |  |  |  |  |  |  |  |  |  |  |
| 5. Daging ayam             |  |  |  |  |  |  |  |  |  |  |  |
| 6. Daging kerbau           |  |  |  |  |  |  |  |  |  |  |  |
| 7. Dendeng                 |  |  |  |  |  |  |  |  |  |  |  |
| 8. Bakso                   |  |  |  |  |  |  |  |  |  |  |  |
| 9. Daging kambing          |  |  |  |  |  |  |  |  |  |  |  |
| 10. Daging sapi            |  |  |  |  |  |  |  |  |  |  |  |
| III. SUMBER PROTEIN NABATI |  |  |  |  |  |  |  |  |  |  |  |
| 1. Kacang hijau            |  |  |  |  |  |  |  |  |  |  |  |
| 2. Kacang tanah            |  |  |  |  |  |  |  |  |  |  |  |
| 3. Kacang kedelai          |  |  |  |  |  |  |  |  |  |  |  |
| 4. Tahu                    |  |  |  |  |  |  |  |  |  |  |  |
| 5. Tempe                   |  |  |  |  |  |  |  |  |  |  |  |
| IV. SAYURAN                |  |  |  |  |  |  |  |  |  |  |  |
| 1. Gambas                  |  |  |  |  |  |  |  |  |  |  |  |
| 2. Ketimun                 |  |  |  |  |  |  |  |  |  |  |  |
| 3. Labu air                |  |  |  |  |  |  |  |  |  |  |  |
| 4. Salada                  |  |  |  |  |  |  |  |  |  |  |  |
| 5. Tomat                   |  |  |  |  |  |  |  |  |  |  |  |
| 6. Sawi                    |  |  |  |  |  |  |  |  |  |  |  |
| 7. Daun bawang             |  |  |  |  |  |  |  |  |  |  |  |
| 8. Seledri                 |  |  |  |  |  |  |  |  |  |  |  |

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| 9. Taoge                |  |  |  |  |  |  |  |  |  |  |  |
| 10. Terong              |  |  |  |  |  |  |  |  |  |  |  |
| 11. Kangkung            |  |  |  |  |  |  |  |  |  |  |  |
| 12. Kacang bun-<br>cis  |  |  |  |  |  |  |  |  |  |  |  |
| 13. Kacang pan-<br>jang |  |  |  |  |  |  |  |  |  |  |  |
| 14. Kembang<br>kol      |  |  |  |  |  |  |  |  |  |  |  |
| 15. Labu siam           |  |  |  |  |  |  |  |  |  |  |  |
| 16. Labu lawuh          |  |  |  |  |  |  |  |  |  |  |  |
| 17. Pare                |  |  |  |  |  |  |  |  |  |  |  |
| 18. Wortel              |  |  |  |  |  |  |  |  |  |  |  |
| 19. Daun sing-<br>kong  |  |  |  |  |  |  |  |  |  |  |  |
| 20. Bayam               |  |  |  |  |  |  |  |  |  |  |  |
| V. BUAH-BUAHAN          |  |  |  |  |  |  |  |  |  |  |  |
| 1. Belimbing            |  |  |  |  |  |  |  |  |  |  |  |
| 2. Blewah               |  |  |  |  |  |  |  |  |  |  |  |
| 3. Duku                 |  |  |  |  |  |  |  |  |  |  |  |
| 4. Jambu air            |  |  |  |  |  |  |  |  |  |  |  |
| 5. Jambu biji           |  |  |  |  |  |  |  |  |  |  |  |
| 6. Jeruk manis          |  |  |  |  |  |  |  |  |  |  |  |
| 7. Kolang – ka-<br>ling |  |  |  |  |  |  |  |  |  |  |  |
| 8. Kedoondong           |  |  |  |  |  |  |  |  |  |  |  |
| 9. Duku                 |  |  |  |  |  |  |  |  |  |  |  |
| 10. Jambu mete          |  |  |  |  |  |  |  |  |  |  |  |
| 11. Apel merah          |  |  |  |  |  |  |  |  |  |  |  |
| 12. Mangga              |  |  |  |  |  |  |  |  |  |  |  |
| 13. Manggis             |  |  |  |  |  |  |  |  |  |  |  |
| 14. Nanas               |  |  |  |  |  |  |  |  |  |  |  |
| 15. Papaya              |  |  |  |  |  |  |  |  |  |  |  |
| 16. Pisang am-<br>bon   |  |  |  |  |  |  |  |  |  |  |  |
| 17. Pisang kapok        |  |  |  |  |  |  |  |  |  |  |  |
| 18. Pisang mas          |  |  |  |  |  |  |  |  |  |  |  |
| 19. Rambutan            |  |  |  |  |  |  |  |  |  |  |  |
| 20. Sawo                |  |  |  |  |  |  |  |  |  |  |  |
| 21. Salak               |  |  |  |  |  |  |  |  |  |  |  |
| 22. Semangka            |  |  |  |  |  |  |  |  |  |  |  |
| 23. Gula                |  |  |  |  |  |  |  |  |  |  |  |
| 24. Madu                |  |  |  |  |  |  |  |  |  |  |  |
| 25. Sirup               |  |  |  |  |  |  |  |  |  |  |  |

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|----------------------|--|--|--|--|--|--|--|--|--|--|--|
| 26. Nangka masak     |  |  |  |  |  |  |  |  |  |  |  |
| 27. Melon            |  |  |  |  |  |  |  |  |  |  |  |
| VI. SUSU             |  |  |  |  |  |  |  |  |  |  |  |
| 1. Susu SKM cair     |  |  |  |  |  |  |  |  |  |  |  |
| 2. Susu sapi         |  |  |  |  |  |  |  |  |  |  |  |
| 3. Keju              |  |  |  |  |  |  |  |  |  |  |  |
| 4. Susu kental manis |  |  |  |  |  |  |  |  |  |  |  |
| VII. MINYAK & LEMAK  |  |  |  |  |  |  |  |  |  |  |  |
| 1. Mentega           |  |  |  |  |  |  |  |  |  |  |  |
| 2. Santan            |  |  |  |  |  |  |  |  |  |  |  |
| 3. Kelapa            |  |  |  |  |  |  |  |  |  |  |  |
| 4. Minyak            |  |  |  |  |  |  |  |  |  |  |  |





Nomor : 1675/280.2/03.3.1.3  
Lampiran : -  
Perihal : Permohonan Ijin Penelitian

Cilacap, 5 Juni 2025

Kepada Yth.  
Direktur RS An Nimah  
di -  
Tempat

**Assalaamu'alaikum Wr. Wb.**

Sehubungan dengan akan dilaksanakannya penelitian skripsi mahasiswa Program Studi S1 Keperawatan Fakultas Ilmu Kesehatan Universitas Al-Irsyad Cilacap Tahun Akademik 2024/2025 yaitu :

Nama : Intan Dwi Rahayu  
NIM : 31121241027  
Judul : Hubungan Pengetahuan Pola Makan dengan Kejadian Hipertensi di RS An Nimah

Maka dengan ini kami mohon ijin agar mahasiswa tersebut dapat melaksanakan penelitian di RS An Nimah.

Demikian permohonan kami, atas perhatian serta kerja sama yang baik kami sampaikan terima kasih.

**Wassalaamu'alaikum Wr. Wb.**

Dekan  
Fakultas Ilmu Kesehatan

  
† Sohimah, S.ST., Bdn., M.Keb. ✍  
NP. 10310 03 469