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ABSTRACT

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***THE RELATIONSHIP BETWEEN FOOD SERVICE SATISFACTION AND
THE ADEQUACY OF LUNCH ENERGY AND PROTEIN INTAKE AMONG
PATIENTS ON A HIGH-ENERGY HIGH-PROTEIN DIET***

***(An Observational Study of Patients Lunch Meals in the Class III Inpatient Ward
at RSUD KHZ Musthafa in 2026)***

Patient satisfaction is an important indicator in evaluating the quality of hospital food service. High levels of plate waste may result in inadequate food intake, leading to insufficient energy and protein adequacy. Adequate energy and protein intake plays an important role in supporting the patient's recovery process. This study aims to determine the relationship between food service satisfaction and the adequacy of lunch energy and protein intake among patients receiving a High-Energy High-Protein diet in the Class III Inpatient Room of RSUD KHZ Musthafa in 2026. This study employed an observational research method with a cross-sectional approach.. The sampling method was carried out by total sampling on 55 patients receiving a high-calorie high-protein diet. Primary data was collected using food weighing method and food service satisfaction questionnaire. Data analysis used the chi-square test. The results showed there is a relationship between food service satisfaction and the adequacy of lunch energy intake ($p\text{-value} = 0.019$; $OR = 5.273$; $95\% CI = 1,47-18,93$). There was a relationship between food service satisfaction and the adequacy of lunch protein intake ($p\text{-value} = 0.035$; $OR = 4.500$; $95\% CI = 1,28-15,81$). The nutrition department is encouraged to enhance the quality of food services, particularly food palatability, to support the optimal fulfillment of patients energy and protein requirements during hospitalization.

Keywords: *energy adequacy, food service, food service satisfaction, protein adequacy*