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Lampiran

Tabel 8. Recall Energi,Kelompok Diet Nusantara dan Kontrol selama intervensi

| Recall Energi | Kelompok Diet DN | | | | | Kontrol | | | | | Nilai p |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Median | Minimum | Maximum | Mean | SD | Median | Minimum | Maximum | |
| Minggu ke-1 | 1555.47 | 120.19 | 1495.16 | 1392.86 | 1760.71 | 1905.41 | 178.07 | 1800.14 | 1684.46 | 2194.71 | 0.000** |
| Minggu ke-2 | 1518.5 | 136.25 | 1515.01 | 1253.59 | 1726.57 | 1910.94 | 181.73 | 1791.37 | 1710.17 | 2198.8 | 0.000** |
| Minggu ke-3 | 1503.67 | 140.47 | 1479.97 | 1161.64 | 1717.29 | 1911.88 | 179.71 | 1791.32 | 1717.94 | 2192.66 | 0.000** |
| Minggu ke-4 | 1466.72 | 137.25 | 1471.23 | 1153.69 | 1667.93 | 1901.38 | 174.43 | 1800.14 | 1700.46 | 2198.14 | 0.000* |
| Minggu ke-5 | 1367.83 | 137.9 | 1283.67 | 1177.14 | 1564.86 | 1890.93 | 170.88 | 1804.03 | 1638.89 | 2173.37 | 0.000** |
| Minggu ke-6 | 1357.49 | 141.53 | 1277.73 | 1116.2 | 1564.43 | 1904.57 | 175.9 | 1789.61 | 1674.23 | 2181.29 | 0.000** |
| Minggu ke-7 | 1352.68 | 137.24 | 1276.02 | 1125.71 | 1542.43 | 1913.07 | 189.25 | 1827.86 | 1670.22 | 2183.86 | 0.000* |
| Minggu ke-8 | 1347.17 | 141.52 | 1316.84 | 1091.06 | 1552.43 | 1912.98 | 179.45 | 1799.92 | 1675.79 | 2238.14 | 0.000* |

Tabel 9. Recall Protein ,Kelompok Diet Nusantara dan Kontrol selama intervensi

| Recall Protein | Kelompok Diet DN | | | | | Kontrol | | | | | Nilai p |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Median | Minimum | Maximum | Mean | SD | Median | Minimum | Maximum | |
| Minggu ke-1 | 70.61 | 8.33 | 72.86 | 56.36 | 83.72 | 84.17 | 15.51 | 80 | 56.09 | 111.91 | 0.002** |
| Minggu ke-2 | 71.09 | 6.82 | 72.17 | 57.44 | 80.43 | 84.47 | 14.54 | 77.52 | 61.03 | 111.91 | 0.001** |
| Minggu ke-3 | 69.81 | 7.45 | 70.21 | 55.84 | 82.89 | 83.31 | 14.9 | 77.15 | 55.26 | 108 | 0.001** |
| Minggu ke-4 | 68.74 | 6.29 | 67.34 | 57.51 | 79.21 | 82.86 | 14.17 | 82.1 | 56.53 | 107.24 | 0.000** |
| Minggu ke-5 | 65.89 | 8.62 | 65.99 | 54.41 | 90.67 | 83.71 | 14.15 | 76.22 | 64.02 | 105.64 | 0.000** |
| Minggu ke-6 | 65.31 | 7.05 | 67.23 | 55.59 | 76.01 | 83.61 | 13.82 | 87.64 | 58.58 | 104.43 | 0.000** |
| Minggu ke-7 | 64.52 | 6.02 | 63.94 | 55.05 | 73.29 | 83.39 | 14.8 | 81.68 | 58.34 | 107.86 | 0.000** |
| Minggu ke-8 | 63.82 | 8.06 | 60.13 | 54.69 | 80.57 | 83.97 | 15.43 | 79.35 | 58.58 | 109.79 | 0.000** |

* Uji t Independen itney

Tabel 10. Recall Karbohidrat ,Kelompok Diet Nusantara dan Kontrol selama intervensi

| Recall Karbohidrat | Kelompok Diet DN | | | | | Kontrol | | | | | Nilai p |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Median | Minimum | Maximum | Mean | SD | Median | Minimum | Maximum | |
| Minggu ke-1 | 223.47 | 19.53 | 223.57 | 197.37 | 270.09 | 298.59 | 15.36 | 299 | 269.75 | 325.29 | 0.000** |
| Minggu ke-2 | 217.93 | 20.29 | 216.57 | 169.29 | 253.66 | 300.15 | 18.51 | 296.47 | 256.53 | 332 | 0.000** |
| Minggu ke-3 | 214.13 | 24.63 | 220.14 | 148.66 | 275.27 | 298.98 | 17.73 | 295 | 259.06 | 332.5 | 0.000** |
| Minggu ke-4 | 212.74 | 17.32 | 209.5 | 171.86 | 249.75 | 297.48 | 19.11 | 294.71 | 261.28 | 326.93 | 0.000** |
| Minggu ke-5 | 196.55 | 21.8 | 195.01 | 166.2 | 238.62 | 291.94 | 14.8 | 292.35 | 256.5 | 324.43 | 0.000** |
| Minggu ke-6 | 194.84 | 20.76 | 184.86 | 170.01 | 227.45 | 293.83 | 22.51 | 297.57 | 242.14 | 333.14 | 0.000** |
| Minggu ke-7 | 195.09 | 21.59 | 191 | 158.95 | 229.52 | 298.76 | 17.49 | 300.86 | 262.77 | 324.64 | 0.000** |
| Minggu ke-8 | 196.26 | 20.51 | 191.49 | 173.14 | 231.33 | 296.5 | 20.1 | 293.57 | 262.12 | 345.14 | 0.000** |

* Uji t Independen itney

Tabel 11. Recall lemak ,Kelompok Diet Nusantara dan Kontrol selama intervensi

| Recall Lemak | Kelompok Diet DN | | | | | Kontrol | | | | | Nilai p |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Mean | SD | Median | Minimum | Maximum | Mean | SD | Median | Minimum | Maximum | |
| Minggu ke-1 | 42.71 | 9.09 | 44.21 | 23.71 | 52.71 | 40.65 | 10.26 | 39.33 | 23.89 | 60 | 0.528** |
| Minggu ke-2 | 41 | 10.17 | 43.51 | 20.8 | 52.57 | 40.39 | 8.26 | 38.37 | 26.98 | 55.24 | 0.817* |
| Minggu ke-3 | 41.97 | 8.95 | 41.73 | 25.96 | 52.43 | 41.59 | 9.62 | 39.71 | 25.51 | 58.1 | 0.915** |
| Minggu ke-4 | 39.34 | 11.91 | 42.84 | 16.77 | 52 | 41.27 | 8.94 | 40.61 | 28.24 | 58.86 | 0.521* |
| Minggu ke-5 | 37.08 | 8.48 | 36.16 | 24.06 | 51.86 | 42.11 | 10.35 | 40.87 | 26.98 | 63.14 | 0.066* |
| Minggu ke-6 | 36.28 | 8.29 | 35.94 | 22.99 | 45.86 | 42.97 | 9.75 | 43.01 | 29.81 | 63.14 | 0.041** |
| Minggu ke-7 | 36.41 | 7.88 | 36.01 | 23.36 | 45.57 | 41.72 | 11.7 | 40.57 | 24 | 61 | 0.067* |
| Minggu ke-8 | 35.93 | 9.08 | 35.94 | 19.8 | 50.57 | 42.46 | 10.59 | 39.71 | 28.14 | 62.57 | 0.024* |

* Uji t Independen itney