

## **LAMPIRAN**

Lampiran 1

Standar Berat Badan Menurut Umur (BB/U)

Anak Laki-laki Umur 0 – 60 Bulan

| Umur<br>(bulan) | Berat Badan (Kg) |          |       |        |       |       |       |
|-----------------|------------------|----------|-------|--------|-------|-------|-------|
|                 | -3 SD            | -2<br>SD | -1 SD | Median | +1 SD | +2 SD | +3 SD |
| 0               | 2.1              | 2.5      | 2.9   | 3.3    | 3.9   | 4.4   | 5.0   |
| 1               | 2.9              | 3.4      | 3.9   | 4.5    | 5.1   | 5.8   | 6.6   |
| 2               | 3.8              | 4.3      | 4.9   | 5.6    | 6.3   | 7.1   | 8.0   |
| 3               | 4.4              | 5.0      | 5.7   | 6.4    | 7.2   | 8.0   | 9.0   |
| 4               | 4.9              | 5.6      | 6.2   | 7.0    | 7.8   | 8.7   | 9.7   |
| 5               | 5.3              | 6.0      | 6.7   | 7.5    | 8.4   | 9.3   | 10.4  |
| 6               | 5.7              | 6.4      | 7.1   | 7.9    | 8.8   | 9.8   | 10.9  |
| 7               | 5.9              | 6.7      | 7.4   | 8.3    | 9.2   | 10.3  | 11.4  |
| 8               | 6.2              | 6.9      | 7.7   | 8.6    | 9.6   | 10.7  | 11.9  |
| 9               | 6.4              | 7.1      | 8.0   | 8.9    | 9.9   | 11.0  | 12.3  |
| 10              | 6.6              | 7.4      | 8.2   | 9.2    | 10.2  | 11.4  | 12.7  |
| 11              | 6.8              | 7.6      | 8.4   | 9.4    | 10.5  | 11.7  | 13.0  |
| 12              | 6.9              | 7.7      | 8.6   | 9.6    | 10.8  | 12.0  | 13.3  |
| 13              | 7.1              | 7.9      | 8.8   | 9.9    | 11.0  | 12.3  | 13.7  |
| 14              | 7.2              | 8.1      | 9.0   | 10.1   | 11.3  | 12.6  | 14.0  |
| 15              | 7.4              | 8.3      | 9.2   | 10.3   | 11.5  | 12.8  | 14.3  |
| 16              | 7.5              | 8.4      | 9.4   | 10.5   | 11.7  | 13.1  | 14.6  |
| 17              | 7.7              | 8.6      | 9.6   | 10.7   | 12.0  | 13.4  | 14.9  |
| 18              | 7.8              | 8.8      | 9.8   | 10.9   | 12.2  | 13.7  | 15.3  |
| 19              | 8.0              | 8.9      | 10.0  | 11.1   | 12.5  | 13.9  | 15.6  |
| 20              | 8.1              | 9.1      | 10.1  | 11.3   | 12.7  | 14.2  | 15.9  |

|    |     |      |      |      |      |      |      |
|----|-----|------|------|------|------|------|------|
| 21 | 8.2 | 9.2  | 10.3 | 11.5 | 12.9 | 14.5 | 16.2 |
| 22 | 8.4 | 9.4  | 10.5 | 11.8 | 13.2 | 14.7 | 16.5 |
| 23 | 8.5 | 9.5  | 10.7 | 12.0 | 13.4 | 15.0 | 16.8 |
| 24 | 8.6 | 9.7  | 10.8 | 12.2 | 13.6 | 15.3 | 17.1 |
| 25 | 8.8 | 9.8  | 11.0 | 12.4 | 13.9 | 15.5 | 17.5 |
| 26 | 8.9 | 10.0 | 11.2 | 12.5 | 14.1 | 15.8 | 17.8 |
| 27 | 9.0 | 10.1 | 11.3 | 12.7 | 14.3 | 16.1 | 18.1 |

| Umur<br>(bulan) | Berat Badan (Kg) |       |       |        |       |       |       |
|-----------------|------------------|-------|-------|--------|-------|-------|-------|
|                 | -3 SD            | -2 SD | -1 SD | Median | +1 SD | +2 SD | +3 SD |
| 28              | 9.1              | 10.2  | 11.5  | 12.9   | 14.5  | 16.3  | 18.4  |
| 29              | 9.2              | 10.4  | 11.7  | 13.1   | 14.8  | 16.6  | 18.7  |
| 30              | 9.4              | 10.5  | 11.8  | 13.3   | 15.0  | 16.9  | 19.0  |
| 31              | 9.5              | 10.7  | 12.0  | 13.5   | 15.2  | 17.1  | 19.3  |
| 32              | 9.6              | 10.8  | 12.1  | 13.7   | 15.4  | 17.4  | 19.6  |
| 33              | 9.7              | 10.9  | 12.3  | 13.8   | 15.6  | 17.6  | 19.9  |
| 34              | 9.8              | 11.0  | 12.4  | 14.0   | 15.8  | 17.8  | 20.2  |
| 35              | 9.9              | 11.2  | 12.6  | 14.2   | 16.0  | 18.1  | 20.4  |
| 36              | 10.0             | 11.3  | 12.7  | 14.3   | 16.2  | 18.3  | 20.7  |
| 37              | 10.1             | 11.4  | 12.9  | 14.5   | 16.4  | 18.6  | 21.0  |
| 38              | 10.2             | 11.5  | 13.0  | 14.7   | 16.6  | 18.8  | 21.3  |
| 39              | 10.3             | 11.6  | 13.1  | 14.8   | 16.8  | 19.0  | 21.6  |
| 40              | 10.4             | 11.8  | 13.3  | 15.0   | 17.0  | 19.3  | 21.9  |
| 41              | 10.5             | 11.9  | 13.4  | 15.2   | 17.2  | 19.5  | 22.1  |
| 42              | 10.6             | 12.0  | 13.6  | 15.3   | 17.4  | 19.7  | 22.4  |
| 43              | 10.7             | 12.1  | 13.7  | 15.5   | 17.6  | 20.0  | 22.7  |
| 44              | 10.8             | 12.2  | 13.8  | 15.7   | 17.8  | 20.2  | 23.0  |

|    |      |      |      |      |      |      |      |
|----|------|------|------|------|------|------|------|
| 45 | 10.9 | 12.4 | 14.0 | 15.8 | 18.0 | 20.5 | 23.3 |
| 46 | 11.0 | 12.5 | 14.1 | 16.0 | 18.2 | 20.7 | 23.6 |
| 47 | 11.1 | 12.6 | 14.3 | 16.2 | 18.4 | 20.9 | 23.9 |
| 48 | 11.2 | 12.7 | 14.4 | 16.3 | 18.6 | 21.2 | 24.2 |
| 49 | 11.3 | 12.8 | 14.5 | 16.5 | 18.8 | 21.4 | 24.5 |
| 50 | 11.4 | 12.9 | 14.7 | 16.7 | 19.0 | 21.7 | 24.8 |
| 51 | 11.5 | 13.1 | 14.8 | 16.8 | 19.2 | 21.9 | 25.1 |
| 52 | 11.6 | 13.2 | 15.0 | 17.0 | 19.4 | 22.2 | 25.4 |
| 53 | 11.7 | 13.3 | 15.1 | 17.2 | 19.6 | 22.4 | 25.7 |
| 54 | 11.8 | 13.4 | 15.2 | 17.3 | 19.8 | 22.7 | 26.0 |
| 55 | 11.9 | 13.5 | 15.4 | 17.5 | 20.0 | 22.9 | 26.3 |
| 56 | 12.0 | 13.6 | 15.5 | 17.7 | 20.2 | 23.2 | 26.6 |
| 57 | 12.1 | 13.7 | 15.6 | 17.8 | 20.4 | 23.4 | 26.9 |
| 58 | 12.2 | 13.8 | 15.8 | 18.0 | 20.6 | 23.7 | 27.2 |
| 59 | 12.3 | 14.0 | 15.9 | 18.2 | 20.8 | 23.9 | 27.6 |
| 60 | 12.4 | 14.1 | 16.0 | 18.3 | 21.0 | 24.2 | 27.9 |

*Sumber : (PMK RI , 2020)*

Lampiran 2

Standar Berat Badan Menurut Umur (BB/U)

Anak Perempuan Umur 0 – 60 Bulan

| Umur<br>(bulan) | Berat Badan (Kg) |            |            |             |             |             |             |
|-----------------|------------------|------------|------------|-------------|-------------|-------------|-------------|
|                 | -3 SD            | -2 SD      | -1 SD      | Median      | +1 SD       | +2 SD       | +3 SD       |
| <b>0</b>        | 2.0              | 2.4        | 2.8        | 3.2         | 3.7         | 4.2         | <b>4.8</b>  |
| <b>1</b>        | 2.7              | 3.2        | 3.6        | 4.2         | 4.8         | 5.5         | <b>6.2</b>  |
| <b>2</b>        | 3.4              | 3.9        | 4.5        | 5.1         | 5.8         | 6.6         | <b>7.5</b>  |
| <b>3</b>        | 4.0              | 4.5        | 5.2        | 5.8         | 6.6         | 7.5         | <b>8.5</b>  |
| <b>4</b>        | 4.4              | 5.0        | 5.7        | 6.4         | 7.3         | 8.2         | <b>9.3</b>  |
| <b>5</b>        | 4.8              | 5.4        | 6.1        | 6.9         | 7.8         | 8.8         | <b>10.0</b> |
| <b>6</b>        | 5.1              | 5.7        | 6.5        | 7.3         | 8.2         | 9.3         | <b>10.6</b> |
| <b>7</b>        | 5.3              | 6.0        | 6.8        | 7.6         | 8.6         | 9.8         | <b>11.1</b> |
| <b>8</b>        | 5.6              | 6.3        | 7.0        | 7.9         | 9.0         | 10.2        | <b>11.6</b> |
| <b>9</b>        | 5.8              | 6.5        | 7.3        | 8.2         | 9.3         | 10.5        | <b>12.0</b> |
| <b>10</b>       | 5.9              | 6.7        | 7.5        | 8.5         | 9.6         | 10.9        | <b>12.4</b> |
| <b>11</b>       | 6.1              | 6.9        | 7.7        | 8.7         | 9.9         | 11.2        | <b>12.8</b> |
| <b>12</b>       | 6.3              | 7.0        | 7.9        | 8.9         | 10.1        | 11.5        | <b>13.1</b> |
| <b>13</b>       | 6.4              | 7.2        | 8.1        | 9.2         | 10.4        | 11.8        | <b>13.5</b> |
| <b>14</b>       | 6.6              | 7.4        | 8.3        | 9.4         | 10.6        | 12.1        | <b>13.8</b> |
| <b>15</b>       | 6.7              | 7.6        | 8.5        | 9.6         | 10.9        | 12.4        | <b>14.1</b> |
| <b>16</b>       | 6.9              | 7.7        | 8.7        | 9.8         | 11.1        | 12.6        | <b>14.5</b> |
| <b>17</b>       | 7.0              | 7.9        | 8.9        | 10.0        | 11.4        | 12.9        | <b>14.8</b> |
| <b>18</b>       | 7.2              | 8.1        | 9.1        | 10.2        | 11.6        | 13.2        | <b>15.1</b> |
| <b>19</b>       | <b>7.3</b>       | <b>8.2</b> | <b>9.2</b> | <b>10.4</b> | <b>11.8</b> | <b>13.5</b> | <b>15.4</b> |

| Umur<br>(bulan) | Berat Badan (Kg) |       |       |        |       |       |             |
|-----------------|------------------|-------|-------|--------|-------|-------|-------------|
|                 | -3 SD            | -2 SD | -1 SD | Median | +1 SD | +2 SD | +3 SD       |
| <b>20</b>       | 7.5              | 8.4   | 9.4   | 10.6   | 12.1  | 13.7  | <b>15.7</b> |
| <b>21</b>       | 7.6              | 8.6   | 9.6   | 10.9   | 12.3  | 14.0  | <b>16.0</b> |
| <b>22</b>       | 7.8              | 8.7   | 9.8   | 11.1   | 12.5  | 14.3  | <b>16.4</b> |
| <b>23</b>       | 7.9              | 8.9   | 10.0  | 11.3   | 12.8  | 14.6  | <b>16.7</b> |
| <b>24</b>       | 8.1              | 9.0   | 10.2  | 11.5   | 13.0  | 14.8  | <b>17.0</b> |
| <b>25</b>       | 8.2              | 9.2   | 10.3  | 11.7   | 13.3  | 15.1  | <b>17.3</b> |
| <b>26</b>       | 8.4              | 9.4   | 10.5  | 11.9   | 13.5  | 15.4  | <b>17.7</b> |
| <b>27</b>       | 8.5              | 9.5   | 10.7  | 12.1   | 13.7  | 15.7  | <b>18.0</b> |
| <b>28</b>       | 8.6              | 9.7   | 10.9  | 12.3   | 14.0  | 16.0  | <b>18.3</b> |
| <b>29</b>       | 8.8              | 9.8   | 11.1  | 12.5   | 14.2  | 16.2  | <b>18.7</b> |
| <b>30</b>       | 8.9              | 10.0  | 11.2  | 12.7   | 14.4  | 16.5  | <b>19.0</b> |
| <b>31</b>       | 9.0              | 10.1  | 11.4  | 12.9   | 14.7  | 16.8  | <b>19.3</b> |
| <b>32</b>       | 9.1              | 10.3  | 11.6  | 13.1   | 14.9  | 17.1  | <b>19.6</b> |
| <b>33</b>       | 9.3              | 10.4  | 11.7  | 13.3   | 15.1  | 17.3  | <b>20.0</b> |
| <b>34</b>       | 9.4              | 10.5  | 11.9  | 13.5   | 15.4  | 17.6  | <b>20.3</b> |
| <b>35</b>       | 9.5              | 10.7  | 12.0  | 13.7   | 15.6  | 17.9  | <b>20.6</b> |
| <b>36</b>       | 9.6              | 10.8  | 12.2  | 13.9   | 15.8  | 18.1  | <b>20.9</b> |
| <b>37</b>       | 9.7              | 10.9  | 12.4  | 14.0   | 16.0  | 18.4  | <b>21.3</b> |
| <b>38</b>       | 9.8              | 11.1  | 12.5  | 14.2   | 16.3  | 18.7  | <b>21.6</b> |
| <b>39</b>       | 9.9              | 11.2  | 12.7  | 14.4   | 16.5  | 19.0  | <b>22.0</b> |
| <b>40</b>       | 10.1             | 11.3  | 12.8  | 14.6   | 16.7  | 19.2  | <b>22.3</b> |
| <b>41</b>       | 10.2             | 11.5  | 13.0  | 14.8   | 16.9  | 19.5  | <b>22.7</b> |
| <b>42</b>       | 10.3             | 11.6  | 13.1  | 15.0   | 17.2  | 19.8  | <b>23.0</b> |
| <b>43</b>       | 10.4             | 11.7  | 13.3  | 15.2   | 17.4  | 20.1  | <b>23.4</b> |
| <b>44</b>       | 10.5             | 11.8  | 13.4  | 15.3   | 17.6  | 20.4  | <b>23.7</b> |
| <b>45</b>       | 10.6             | 12.0  | 13.6  | 15.5   | 17.8  | 20.7  | <b>24.1</b> |

|           |             |             |             |             |             |             |             |
|-----------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| <b>46</b> | 10.7        | 12.1        | 13.7        | 15.7        | 18.1        | 20.9        | <b>24.5</b> |
| <b>47</b> | 10.8        | 12.2        | 13.9        | 15.9        | 18.3        | 21.2        | <b>24.8</b> |
| <b>48</b> | 10.9        | 12.3        | 14.0        | 16.1        | 18.5        | 21.5        | <b>25.2</b> |
| <b>49</b> | 11.0        | 12.4        | 14.2        | 16.3        | 18.8        | 21.8        | <b>25.5</b> |
| <b>50</b> | 11.1        | 12.6        | 14.3        | 16.4        | 19.0        | 22.1        | <b>25.9</b> |
| <b>51</b> | 11.2        | 12.7        | 14.5        | 16.6        | 19.2        | 22.4        | <b>26.3</b> |
| <b>52</b> | <b>11.3</b> | <b>12.8</b> | <b>14.6</b> | <b>16.8</b> | <b>19.4</b> | <b>22.6</b> | <b>26.6</b> |

| <b>Umur<br/>(bulan)</b> | <b>Berat Badan (Kg)</b> |              |              |               |              |              |              |
|-------------------------|-------------------------|--------------|--------------|---------------|--------------|--------------|--------------|
|                         | <b>-3 SD</b>            | <b>-2 SD</b> | <b>-1 SD</b> | <b>Median</b> | <b>+1 SD</b> | <b>+2 SD</b> | <b>+3 SD</b> |
| <b>53</b>               | 11.4                    | 12.9         | 14.8         | 17.0          | 19.7         | 22.9         | <b>27.0</b>  |
| <b>54</b>               | 11.5                    | 13.0         | 14.9         | 17.2          | 19.9         | 23.2         | <b>27.4</b>  |
| <b>55</b>               | 11.6                    | 13.2         | 15.1         | 17.3          | 20.1         | 23.5         | <b>27.7</b>  |
| <b>56</b>               | 11.7                    | 13.3         | 15.2         | 17.5          | 20.3         | 23.8         | <b>28.1</b>  |
| <b>57</b>               | 11.8                    | 13.4         | 15.3         | 17.7          | 20.6         | 24.1         | <b>28.5</b>  |
| <b>58</b>               | 11.9                    | 13.5         | 15.5         | 17.9          | 20.8         | 24.4         | <b>28.8</b>  |
| <b>59</b>               | 12.0                    | 13.6         | 15.6         | 18.0          | 21.0         | 24.6         | <b>29.2</b>  |
| <b>60</b>               | <b>12.1</b>             | <b>13.7</b>  | <b>15.8</b>  | <b>18.2</b>   | <b>21.2</b>  | <b>24.9</b>  | <b>29.5</b>  |

*Sumber : (PMK RI , 2020)*

## SURAT PERNYATAAN PERSETUJUAN PUBLIKASI REPOSITORY

Saya yang bertanda tangan di bawah ini :

Nama : Ni Kadek Egi Astari  
NIM : P07131018053  
Program Studi : DIII Gizi  
Jurusan : Gizi  
Tahun Akademik : 2020/2021  
Alamat : Jalan Nusa Penida Gang I No. 17 A, Denpasar  
Nomor HP/Email : 081997728885 / [egiastari07@gmail.com](mailto:egiastari07@gmail.com)

Dengan ini menyerahkan skripsi berupa Tugas Akhir dengan Judul :

Simulasi Perhitungan Angka Kebutuhan Energi Per  
Kilogram Berat Badan Anak Umur 1-3 Tahun Dengan  
Angka Kecukupan Gizi Yang Dianjurkan

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Demikian surat pernyataan ini saya buat untuk digunakan sebagaimana mestinya.

Denpasar, 22 Juni 2021

Yang menyatakan



Ni Kadek Egi Astari