

ABSTRACT

Workload contains physically, mentally, and social responsibilities. Those were depending on the worker's capability for doing job in a particular time. The purpose of this study was to understand about nutrient adequacy based on workload for workers in *mixing and blowing* unit at PT. Lotus Indah Textile Surabaya.

This study was an observational description within *cross sectional* approach. Observation, sharing questionnaires, and interviewing were used to be technique of collecting data. The population were first shift workers, and the sample was total of population. The variables in this study were characteristics of worker, food pattern, caloric needs, workload, and nutrient adequacy based on workload. The datas were described and analyzed by using cross-tabulation and *nutri survey*.

The result shows that 50% of respondents were 21-30 years old, 66% of respondents had normal nutritional status, 80% of respondents were women, and 80% of respondents's activities were waste sorting which need 1000 Kcal calories expenditure. According to their daily food: 80% of respondents always had breakfast, 96% of respondent always had lunch, 46% respondents had staple food and side dish menu, 44% of respondent having snack every day, and 60% eat three times a day. According to their calories intake, 50% respondents had taken 1200-1400 Kcal calories intake and 80% of respondents had had 200-350 cal/h workload. According to nutritional adequacy based on workload: 83% of respondents had a heavy workload and a normal nutritional adequacy and 16.7% of respondents had a heavy workload with low nutritional adequacy.

The company were advised to fix a menu with a variety menus. In addition the company was expected to rotate the menu at least once in 3 months. Further, the workers were expected to finish off the food which was provided by the company.

Keywords: *Nutrient Adequacy , Nutritional Status, Workload*