## Tabel 1. Profile of respondents (n = 231)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Gender** | **Male** | **Famale** |  |  |  |  |  |  |  |
| % | 34 | 66 |  |  |  |  |  |  |  |
| **Age** | **18-24** | **25-50** | **> 50** |  |  |  |  |  |  |
| % | 9 | 71 | 20 |  |  |  |  |  |  |
| **Ethnic** | **Sumatera** | **Jawa** | **Kalimantan** | **Sulawesi** | **Papua** |  |  |  |  |
| % | 9 | 80 | 3 | 6 | 3 |  |  |  |  |
| **Hajj Year** | **1996-**  **2000** | **2001-**  **2005** | **2006-**  **2010** | **2011-**  **2015** | **2016-**  **2020** |  |  |  |  |
| % | 3 | 3 | 6 | 14 | 74 |  |  |  |  |
| **Status** | **Single** | **Married** |  |  |  |  |  |  |  |
| % | 9 | 91 |  |  |  |  |  |  |  |
| **occupation** | **Public officer** | **Private**  **employe es** | **Entrepr eneur** | **Retired** | **Student** | **Housewi fe** |  |  |  |
| % | 23 | 14 | 29 | 9 | 9 | 17 |  |  |  |
| **Pain experienced** | **Cough /Flu/**  **Fever** | **Swollen foot** | **Tired/ac hy** | **weakness/ lack of**  **appetite** | **hyperte nsion** | **hives/ allergies** | **Red eyes** | **Uric Acid** | **Healthy** |
| % | 34 | 3 | 3 | 3 | 5 | 5 | 3 | 3 | 42 |
| **Eat in**  **a day** | **1 time** | **2 time** | **3 time** | **4 time** |  |  |  |  |  |
| % | 0 | 14 | 81 | 5 |  |  |  |  |  |

## Table 2. The response of pilgrims related to nutritional needs on the pilgrimage (N=231).

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Complate | 29 |  |  |  |  | **Consu med** | **Nee ded** |
| **The composit ion of food consume d (%)** | Less carbohydrates | 3 |  |  |  | Water melon | 2 | 7 |
| Less protein | 7 |  |  |  | Orange/Lemon /Sunkist | 28 | 35 |
| Less fat | 14 |  |  |  | Grapes | 4 | 2 |
| Less  vitamins | 17 |  |  |  | Date | 6 | 4 |
|  | Less  minerals | 20 |  |  | **Fruits (%)** | Apple | 30 | 19 |
|  | less water | 10 | Pear | 9 | 9 |
|  |  | **Consumed** | **Needed** |  |  | Banana | 17 | 12 |
| **Carbohy drates (%)** | Rice | 62 | 67 |  |  | Olive | 1 | 0 |
| Bread | 2 | 9 |  |  | Melon | 1 | 4 |
| Potato | 2 | 0 |  |  | Plum | 1 | 0 |
| Noodle | 0 | 2 |  |  | Papaya | 0 | 4 |
|  | Corn | 0 | 2 |  |  | Mango | 0 | 2 |
|  | Nothing | 34 | 19 |  |  | Durian | 0 | 2 |
|  |  | **Consum ed** | **Need ed** |  |  | Nothing | 0 | 2 |
| **Side dishes (%)** | Fish | 19 | 32 |  |  |  | **Consu med** | **Nee ded** |
| Chicken | 30 | 11 |  |  | Mineral  water/water | 42 | 56 |
|  |  |
| Egg | 14 | 9 |  |  | Zam-zam | 13 | 20 |
| Meat | 29 | 33 |  |  | Milk | 6 | 2 |
| Tofu | 2 | 5 |  |  | Infused Water | 2 | 0 |
|  | Tempeh | 2 | 5 |  | **Drinks (%)** | Fruit juice | 15 | 15 |
|  | Milk  product | 0 | 2 | Coffee | 5 | 0 |
|  | Goat meat | 2 | 0 |  |  | Tea | 15 | 2 |
|  | Nothing | 5 | 2 |  |  | Syrup | 2 | 0 |
|  |  | **Consumed** | **Need ed** |  |  | Honey | 2 | 0 |
| **Vegetabl es (%)** | Carrot | 21 | 11 |  |  | High sugar  drink | 0 | 2 |
| Bean | 14 | 4 |  |  | Nothing | 0 | 2 |
|  | Tomato | 5 | 2 |  | **Supplement**  **%**  **ment** |  | **Consumed** |  |
|  | Eggplant | 5 | 4 |  |  | Mutivitamin | 5 |  |
|  | Long beans | 20 | 4 |  |  | Vitamin C | 57 |  |
|  | cabbage | 12 | 2 |  |  | Vitamin D | 2 |  |
|  | Mustard  greens | 5 | 0 |  |  | Honey | 7 |  |
|  | lettuce | 3 | 0 |  |  | Black seed | 2 |  |
|  | Leek | 2 | 0 |  |  | Olive | 2 |  |
|  | Pumpkin | 2 | 0 |  |  | Ginger | 2 |  |
|  | Green  vegetables | 20 | 49 |  |  | Galangal | 2 |  |
|  | Soup | 5 | 0 |  |  | Nothing | 19 |  |
|  | Cucumbar | 0 | 2 |  | **Prepared Medicine (%)** | Cough  medicine | 13 |  |
|  | Broccoli | 0 | 7 |  | Fever  medicine | 5 |  |
|  | Vegtetable  soup | 0 | 2 |  | hypertension  medicine | 15 |  |
|  | Sauteed  vegetbales | 0 | 2 |  | Menstrual  delay medicine | 5 |  |
|  | Indonesian  food | 0 | 7 |  | Liniment/  Balm | 5 |  |
|  | Nothing | 3 | 9 |  | Vitamin | 13 |  |
|  |  |  |  |  | Nothing | 45 |  |