

| Kelompok Umur | Berat Badan (kg) | Tinggi Badan (cm) | Energi (kcal) | Protein (g) | Lemak (g) | | | Karbohidrat (g) | Serat (g) | Air (ml) |
|------------------|------------------|-------------------|---------------|-------------|-----------|---------|---------|-----------------|-----------|----------|
| | | | | | Total | Omega 3 | Omega 6 | | | |
| 1 - 3 tahun | 13 | 92 | 1350 | 20 | 45 | 0.7 | 7 | 215 | 19 | 1150 |
| 4 - 6 tahun | 19 | 113 | 1400 | 25 | 50 | 0.9 | 10 | 220 | 20 | 1450 |
| 7 - 9 tahun | 27 | 130 | 1650 | 40 | 55 | 0.9 | 10 | 250 | 23 | 1650 |
| Laki-laki | | | | | | | | | | |
| 10 - 12 tahun | 36 | 145 | 2000 | 50 | 65 | 1.2 | 12 | 300 | 28 | 1850 |
| 13 - 15 tahun | 50 | 163 | 2400 | 70 | 80 | 1.6 | 16 | 350 | 34 | 2100 |
| 16 - 18 tahun | 60 | 168 | 2650 | 75 | 85 | 1.6 | 16 | 400 | 37 | 2300 |
| 19 - 29 tahun | 60 | 168 | 2650 | 65 | 75 | 1.6 | 17 | 430 | 37 | 2500 |
| 30 - 49 tahun | 60 | 166 | 2550 | 65 | 70 | 1.6 | 17 | 415 | 36 | 2500 |
| 50 - 64 tahun | 60 | 166 | 2150 | 65 | 60 | 1.6 | 14 | 340 | 30 | 2500 |
| 65 - 80 tahun | 58 | 164 | 1800 | 64 | 50 | 1.6 | 14 | 275 | 25 | 1800 |
| 80+ tahun | 58 | 164 | 1600 | 64 | 45 | 1.6 | 14 | 235 | 22 | 1600 |
| Perempuan | | | | | | | | | | |
| 10 - 12 tahun | 38 | 147 | 1900 | 55 | 65 | 1.0 | 10 | 280 | 27 | 1850 |
| 13 - 15 tahun | 48 | 156 | 2050 | 65 | 70 | 1.1 | 11 | 300 | 29 | 2100 |
| 16 - 18 tahun | 52 | 159 | 2100 | 65 | 70 | 1.1 | 11 | 300 | 29 | 2150 |
| 19 - 29 tahun | 55 | 159 | 2250 | 60 | 65 | 1.1 | 12 | 360 | 32 | 2350 |

Tabel Akg Terbaru

**Prof. (Em) Dr. Ir. M.M Sri Setyati
Harjadi M.Sc**

Tabel Akg Terbaru:

Pengantar Ilmu Gizi Dr.Kartini,S.Si.T,M.Kes,Wahida S.,S Si.T.,M.Keb,dr. Nina Indriyani Nasruddin, M.Kes., M.Gizi,Darmayanti Waluyo,SKM.,M.Kes,St. Mutiatu Rahmah, SKM., M.Kes,Eman Rahim,M.Pd,Euis Nurlaela, S.Gz.,M.Kes,Dr.Hj.Fatmawati,SKM.M.Kes,Wiralis, STP., M.Si.,Med,Hasan, S.Gz, MPH,Andi Noor Kholidha Syarifin, S. Si., M. Biomed.,Dewi Sari Pratiwi, S.Kep.Ns.M.Kes,Andi Nurlianih,SKM.,M.Kes,Suwarni, DCN.,MPH,2023-02-06 Buku ini tersusun dalam 14 Bab yang membahas secara rinci dan sistematis Bab 1 Konsep Dasar Ilmu Gizi Bab 2 Struktur dan Fungsi Zat Gizi Bab 3 Zat Gizi dan Analisis Zat Gizi Bab 4 Indikator Penentuan Status Gizi Bab 5 Pengelompokan Makanan Berdasarkan Kandungan Gizi Bab 6 Metabolisme Zat Gizi Dalam Tubuh Bab 7 Menu Sehat Seimbang Bab 8 Sifat Bahan Makanan Yang Saling Komplementer Bab 9 Penilaian dan Perencanaan Konsumsi Pangan Bab 10 Kecukupan dan Kebutuhan Gizi Bab 11 Zat Aditif Pada Makanan Bab 12 Dampak Kekurangan Zat Gizi Dalam Tubuh Bab 13 Permasalahan Gizi Di Indonesia Bab 14 Dokumentasi dan Pelaporan Gizi di Tatanan Klinik

ILMU GIZI DAN PANGAN Prof. Dr. Yusuf Sabilu, M.Si.,Dr. Ir. Sitti Sabariyah D. M. Si ,dr. Habib Fatkhu Raji, M. Kes., Sp.GK.,Candra Sigalingging, S.TP., M.Si,Dr. Sri Yadihal Chalid, M.Si .,Waisaktini Margareth, S.Gz., Dietisien., M.Gizi,I Wayan Ryantama Swastika Braja, S.TP., M.TP.,I Gusti Ayu Krisma Widya Saraswati, S.TP., M.TP. ,Ir. Putu Julyantika Nica Dewi, S.TP., M.TP.,Ir. I Gede Arie Mahendra Putra, S.TP., M.TP.,Luh Dian Rna Fajarini, S.TP., M.Sc.,Mentari Sekar Arum, S.KM., M.T.P.,2025-05-07 Buku Ilmu Gizi dan Pangan ini disusun oleh sekelompok akademisi yang berkompeten di bidangnya menawarkan pembahasan komprehensif mengenai peran gizi dalam mendukung kesehatan manusia sepanjang siklus hidup Buku ini dimulai dengan pengenalan konsep dasar gizi jenis jenis zat gizi makro dan mikro serta prinsip diet sehat yang berlandaskan kebutuhan fisiologis individu Selain itu dijelaskan pula pengaruh gizi terhadap pencegahan berbagai penyakit kronis dan akut termasuk bagaimana pola makan yang tepat dapat membantu dalam perawatan pasien dengan kondisi medis khusus seperti hipertensi diabetes kanker hingga perawatan intensif di rumah sakit Selain aspek klinis buku ini juga memperluas pembahasannya ke ranah gizi masyarakat gizi olahraga pangan fungsional serta teknologi pangan Pembaca diajak memahami pentingnya keterpaduan antara kecukupan nutrisi keamanan pangan dan keberlanjutan konsumsi pangan Tidak hanya menguraikan teori buku ini juga menyajikan panduan praktis terkait penilaian status gizi pengembangan pangan fungsional serta prinsip prinsip manajemen mutu dalam pengolahan pangan Berbagai pendekatan intervensi gizi di masyarakat seperti fortifikasi pangan dan edukasi gizi berbasis komunitas turut diulas sebagai strategi untuk meningkatkan status gizi secara nasional

Ekologi Pangan dan Gizi Rusmadi Rukmana,Aminuddin Mane Kandari,Suharni Suharni,Susi Mulyati,Fahmi Hafid,Fista Utami,Maryam Novitasari,Dian Shofiya,Devillya Puspita Dewi,Christin Debora Nabuasa,Taufiqurrahman,Rauza Sukma Rita,2024-06-06 Buku ekologi pangan dan gizi ini disusun dengan bahasa yang sederhana dengan harapan dapat lebih mudah dipahami para pembaca Buku ini disusun terdiri dari 12 Bab yaitu Bab 1 Sumberdaya Pangan Indonesia Bab 2 Ketahanan Pangan Bab 3 Permasalahan Pangan

dan Gizi Bab 4 Pengetahuan dan Perilaku Gizi Bab 5 Gizi Dan Sosial Ekonomi Budaya dan Politik Bab 6 Gizi Kerja Bab 7 Gizi dan Infeksi Bab 8 Konsep Dasar Pemberian Makanan Tambahan Pmt Pada Balita Bab 9 Sistem Kewaspadaan Pangan dan Gizi Bab 10 Pangan Lokal Bab 11 Rencana Aksi Nasional Pangan dan Gizi Bab 12 Nutrigenomik dan Nutrigenetik

Survei Konsumsi Gizi Dr. Fatmawati, S.K.M., M.Kes, dr. Nina Indriyani Nasruddin, M.Kes., M.Gizi, Suharni, S.KM., M.Gz.Ns. Nur Falah Setyawati., S.Kep., MPH, Irma Yunawati, S.KM., M.P.H, Supyati, SKM., M.Kes, Kuntari Astriana, S.Gz., M.Gizi, Yuni Afriani, S.Gz., M.P.H, Delima Citra Dewi Gunawan, S.Gz., MKM, Evi Kusumawati, SST, M. Si Med, Ritma Dewanti, S.Gz., M.Gz, Yunita Indah Prasetyaningrum, S.Gz., M.P.H., Devillya Puspita Dewi, S.Gz., M.P.H., Nelini, SKM., M.Kes, Harleli. SST., M. Kes, Tri Mei Khasana, S.Gz., M.P.H., 2023-10-23 Survei konsumsi gizi atau penilaian konsumsi makanan adalah salah satu metode yang digunakan untuk menentukan status gizi individu atau kelompok Banyak eksperimen membuktikan bahwa dengan melakukan neraca konsumsi makanan survei asupan gizi secara tidak langsung bertujuan untuk memberikan informasi dasar tentang status asupan gizi saat ini dan riwayat individu keluarga dan masyarakat

Buku Survei konsumsi gizi yang berada ditangan pembaca ini terdiri dari 16 bab yaitu Bab 1 Konsep Survei Konsumsi Gizi Bab 2 Metode Food Weighing Bab 3 Metode Food Record Bab 4 Metode Food Recall 24 Jam Bab 5 Metode Food Frekwensi Questannaeri Bab 6 Metode Dietary Histori Bab 7 Metode Food Account Bab 8 Teknik Neraca Bahan Makanan NBM Bab 9 Teknik Pengukuran Konsumsi Gizi Bab 10 Teknik Penggunaan Food Model Dan Food Picture Bab 11 Teknik Estimasi Dan Analisis Hasil Survei Konsumsi Gizi Bab 12 Evaluasi Dan Monitoring Hasil Survei Konsumsi Gizi Bab 13 Penilaian Kecukupan Gizi Dari Hasil Pengukuran Konsumsi Makanan Pada Individu Keluarga Rumah Tangga Bab 14 Tingkat Kecukupan Asupan Zat Gizi Individu Keluarga Rumah Tangga Bab 15 Persiapan Monitoring Dan Evaluasi Asupan Gizi Konsumsi Klien Bab 16 Pelaksanaan Monitoring Dan Evaluasi Asupan Gizi Konsumsi Klien

Dasar-Dasar Agronomi Prof. (Em) Dr. Ir. M.M Sri Setyati Harjadi M.Sc, 2019-04-01 Cara pengelolaan tanaman pertanian dan lingkungannya untuk memperoleh produksi maksimum merupakan tantangan dalam pembangunan nasional Inovasi dalam bidang pertanian sangat mendesak mulai dari sistem produksinya sampai dengan proses distribusinya yang efisien Buku ini memusatkan perhatian pembaca pada peningkatan produksi Seluk beluk teknik modern dalam bercocok tanam dibahas secara mendalam seperti tentang energi dan produksi pertanian pangan dan kebutuhan manusia asal usul klasifikasi tanaman faktor lingkungan dalam pertumbuhan tanaman pembiakan tanaman serta teknik budidaya

Dasar Dasar Agronomi merupakan revisi Pengantar Agronomi sebuah persiapan teoretis untuk memperdalam pelajaran agronomi selanjutnya Buku ini sangat membantu mahasiswa jurusan Agronomi mahasiswa pertanian para ahli pertanian serta semua peminat yang terlibat dalam proses inovasi agrikultural di Indonesia Isinya berbobot dan mendalam serta penyajiannya nyaman dibaca

Starter Pack for Starting New Life Tim Paedicare, 2022-01-26 Pernikahan membutuhkan persiapan yang sangat matang baik persiapan fisik spiritual emosional finansial maupun intelektual Kelimanya harus ada pada diri mereka yang hendak merencanakan pernikahan Buku Starter

Pack for Starting New Life Bekal Membangun Peradaban Dimulai dari Rumah membahas bekal persiapan sebelum membangun rumah tangga Buku ini mencakup materi kesehatan pranikah baik fisik maupun psikis yang disampaikan oleh dokter spesialis ahli gizi psikolog serta tokoh tokoh inspiratif lainnya Mulai dari kesehatan reproduksi penyakit penyakit pengganggu kesuburan penyakit penyakit menular secara seksual hingga gizi dan pola hidup sehat Buku ini juga dilengkapi action plan berupa cv taaruf dan plan kehidupan rumah tangga pembahasan kesehatan mental calon orangtua peran pasangan dan orangtua yang berdaya serta bekal ilmu agama yang perlu dimiliki oleh para calon orangtua Harapannya pembaca mampu memantapkan bekal intelektual dalam menyambut fase kehidupan pernikahan dan rumah tangga Selamat membaca

Powertips Microsoft Excel Terbaru & Terbaik Christopher Lee, 2016-08-16 Buku PowerTips Microsoft Excel Terbaru dan Terbaik menyajikan berbagai tips terbaru dan bermanfaat yang dapat Anda lakukan di Excel 2007 Excel 2010 Excel 2013 dan Excel 2016 Buku ini mudah dibaca dan ditulis dalam langkah langkah yang jelas sehingga Anda dapat berkerja dengan Microsoft Excel dengan lebih cepat lebih cerdas dan lebih baik Tips yang praktis dalam buku ini akan menjawab persoalan yang sering ditemui ketika Anda membuat sebuah laporan keuangan Anda akan mempelajari banyak hal hal baru yang belum pernah Anda bayangkan untuk dapat dilakukan di Microsoft Excel Anda tidak akan menemukan tips yang umum tetapi akan menemukan banyak tips terbaru dan bermanfaat di antaranya Mengkonfigurasi Excel dengan Lebih Canggih Navigasi Entri Data dan Editing Lebih Pintas Memformat Data dengan Lebih Konsisten Menganalisa Data dengan Lebih Efisien Mengelola Keuangan Pribadi dengan Kedahsyatan Fungsi Mendeteksi Mencegah dan Memperbaiki Error Memvisualisasikan Data dengan Grafis Chart Permudah Pencarian Informasi dengan Fungsi Lookup Security Melindungi Berbagi Laporan Keuangan Anda Mulai tingkatkan kemampuan Anda menggunakan Microsoft Excel dengan buku Powertips Microsoft Excel Terbaru dan Terbaik yang penuh dengan berbagai tips berharga cara pintas dan teknik yang jarang diketahui yang dapat Anda gunakan sehari hari

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