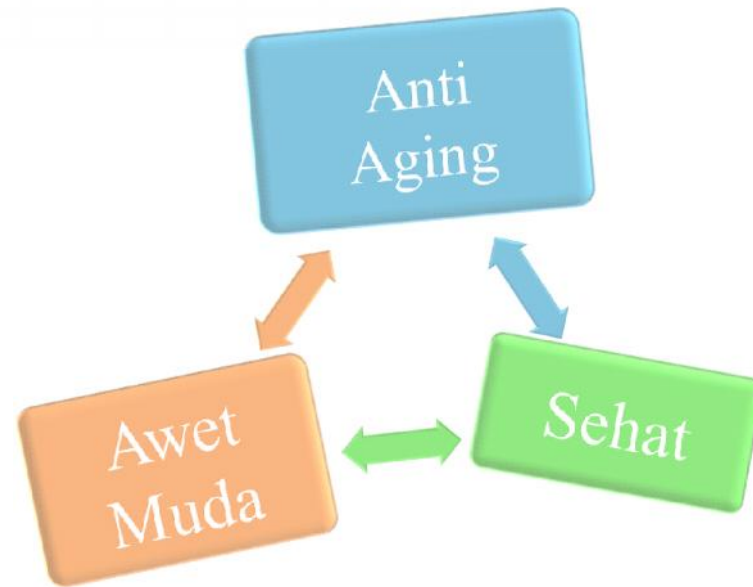
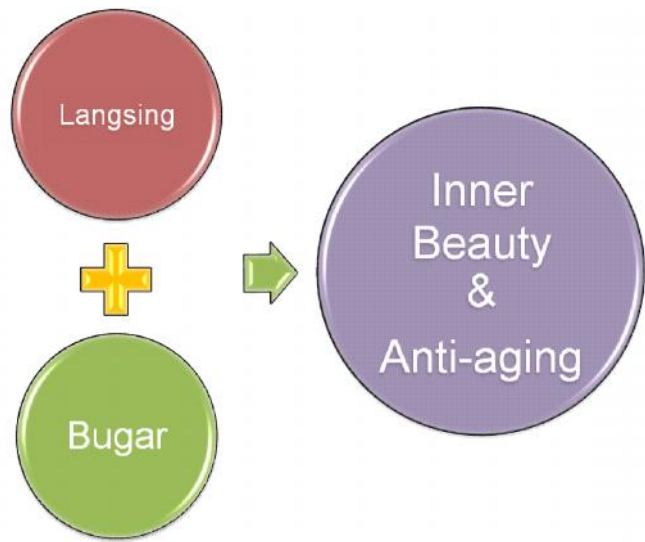


# Tubuh Langsing dan Bugar

Perlukan Diet Khusus?

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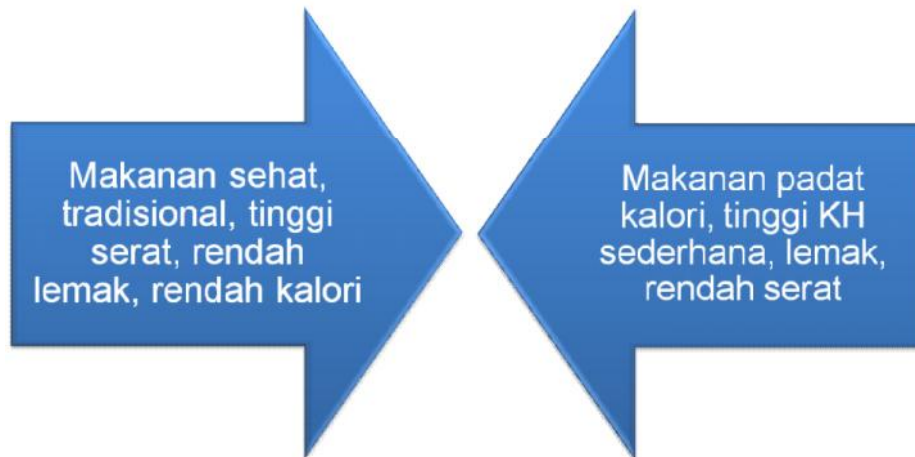




Terjadi perubahan yang cepat dari **pola makan** di negara-negara berkembang, terutama di “South Asia” dan “South-East Asia”



## Rapid Nutrition Transition



Meningkatnya :

- Obesitas
- Metabolik sindrom
- Diabetes mellitus tipe2 (T2DM).

Meningkatnya :

asupan lemak dari lauk hewani  
Asupan lemak jenuh dari minyak kelapa, butter, dll

Rendahnya :

asupan asam lemak n-3 (PUFAs) yang didapat dari ikan dan minyak ikan

## Junk food

Low  
High  
Low  
High  
Processed

Nutrient Density  
Calori Density  
Fibre  
Glycemic Index  
Natural/processed

## Healthy food

High  
Low  
High  
Low  
Natural

## Tubuh Manusia = Mesin Mobil

Fuel Line (blood)

Gas Tank

Engine (Cells )

Fuel Line

Storage Tank ( Fat )

Engine

## Sumber Energi

- Karbohidrat  
→ Sederhana & Komplek
- Protein
- Lemak

## Sumber energi utama : KH

- KH sederhana lebih cepat diubah menjadi energi drpd KH.komplek
- KH sederhana > KH. Komplek
- KH > Protein > Lemak
- Tubuh akan memakai sumber energi yang paling cepat dpt dipakai
- Kelebihan energi diubah menjadi lemak

155g KH = 1,5kg buah apel

## Hamburger

510 Kalori, 290 kal (lemak)  
-9g KH Sederhana  
-40g KH Tepung  
-26g Lemak  
-29g Protein

## French Fries

380 Kalori, 170 kal (lemak)  
-48g KH Tepung  
-19g Lemak

## Cola

210 kalori  
-58g KH Sederhana  
- Lemak (-)  
- Protein (-)

## Waspadai: Makanan Berkalori Tinggi Tersembunyi

- *Juices and smoothies*
- *Cereal bars*
- *Dried fruit*
- *Diet drinks*
- *Salads*
- *Soup*
- *Dips*
- *Vegetable crisps*
- *Popcorn*
- *Granola*

## Pertimbangkan: Makanan yang Melangsingkan

### 1. *Grapefruit*

- Tidak berarti hanya makan grapefruit saja utk menjadi langsing
- Membantu menurunkan BB :
  - ½ buah sebelum makan
  - 3 x segelas jus
- Kandungan fitokimia – nya , menurunkan kadar insulin → merangsang tubuh utk mengubah kalori menjadi energi sehingga dapat mencegah penimbunan lemak tubuh

### 2. *Salad*

- ❖ Salad rendah kalori
- ❖ Di asup sebelum makan
- ❖ Tidak menggunakan “fatty dressing “
- ❖ Gunakan sedikit minyak zaitun (olive oil) dan atau cuka
- ❖ Perasan jeruk lemon

# Makanan Yang Mengenyangkan

**Bubur**

- Havermut
- kolesterol
- GI rendah

**popcorn**

- Cemilan baik
- "whole grain"
- Serat >>
- < lemak
- "Plain"

**Apel**

- Serat >>
- 20 menit sblm makan → asupan
- tahan lapar

**Jeruk**

- 85% air → mengenyangkan
- Tinggi serat
- Utuh > jus

**Sup**

- Sebelum makan
- "home made"
- Sup kentang, kacang polong, dll
- Kalengan (-)

**Telur**

- Tinggi protein → tahan lapar
- Protein kualitas tinggi/lengkap
- u/ pertumbuhan & u/ mempertahankan "lean, metabolically active muscle tissue" sec.optimal
- 1 butir/hari

# Tips for healthy eating

- **Set yourself up for success** : simplify, Start slow and make changes to your eating habits over time, Every change you make to improve your diet matters
- **Moderation is a key** : Try not to think of certain foods as “off-limits, Think smaller portions
- **It's not just what you eat, it's how you eat** : Eat with others whenever possible, Take time to chew your food and enjoy mealtimes, Listen to your body - stop eating before you feel full, Eat breakfast, and eat smaller meals throughout the day, Avoid eating at night.
- **Fill up on colorful fruits and vegetables** : Greens, Naturally sweet vegetables, Fruit.
- **Eat more healthy carbs and whole grains** : Include a variety of whole grains in your healthy diet, Try mixing grains as a first step to switching to whole grains
- **Enjoy healthy fats & avoid unhealthy fats** : Monounsaturated fats, Polyunsaturated fats, including Omega-3 and Omega-6 fatty acids
- **Put protein in perspective** : Try different types of protein, Downsize your portions of protein, Focus on quality sources of protein
- **Add calcium for strong bones**
- **Limit sugar and salt** : Avoid sugary drinks, Eat naturally sweet food