



kunci diet seimbang

menuju hari tua berkualitas

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Junk food as a Modern diet

- *does not contain the nutrients that your body needs to stay healthy*
- *have little or no nutritional*
- *high levels of refined sugar, white flour, trans fat and polyunsaturated fat, salt, and numerous food additives such as monosodium glutamate and tartrazine*
- *lacking in proteins, vitamins, essential minerals, fiber*
- *“easy to carry, purchase and consume , very attractive appearance by adding food additives and colors to enhance flavor, texture and for increasing long shelf life”.*

Modern Diet and its Impact on Human Health

- modern diet and human health → drastic changes in recent years
- Globalization has seriously affected one's eating habits and enforced many people to consume fancy and high calorie fast foods, popularly known as Junk foods, processed food, etc
- many chronic health problems : obesity, Diabetic, Hypertension, Heart disease, IBS/IBD, CELiac disease, autoimmune disease, hyperlipidemia, cancer, etc
- today's world has been adapted to a system of consumption of foods which has several adverse effects on human health
- Lifestyle changes has compelled us so much that one has so little time to really think what we are eating is a healthy diet

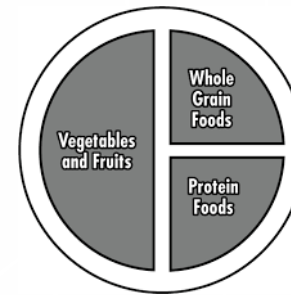
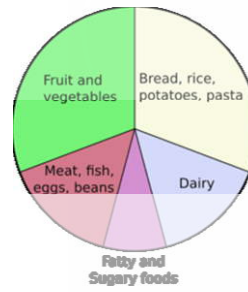
conflicting and potentially dangerous
dietary decisions

low fat, high fat, no fat; no meat,
less fatty meat; no eggs, one egg a
week, unlimited eggs; less
carbohydrate, more whole grains,
no cereal products; more fruit, less
sugar; and so on.

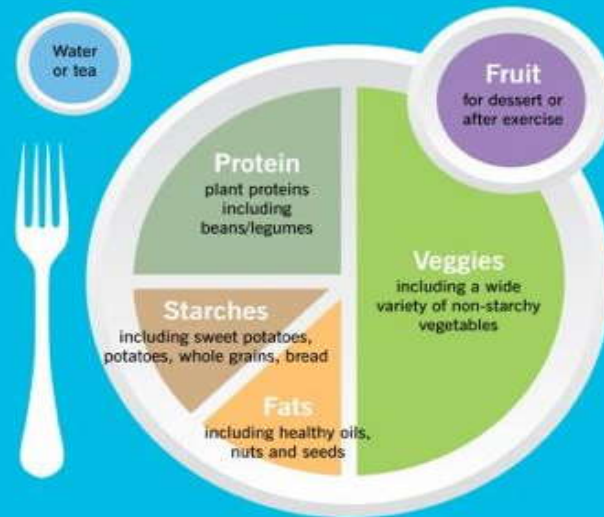
Too much confusing information

balanced diet..

- *A **diet** that contains the proper proportions of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good health*
- *eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight*
- *eat at least 5 portions of a variety of fruit and vegetables every day*
- *base meals on higher fibre starchy foods like potatoes, bread, rice or pasta.*
- *have some dairy or dairy alternatives (such as soya drinks)*
- *eat some beans, pulses, fish, eggs, meat and other protein.*



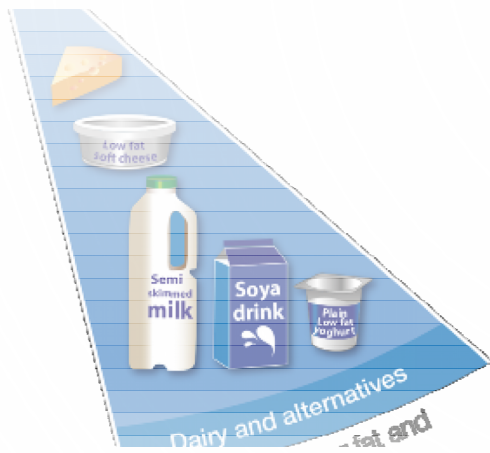
Plant-Based Eating



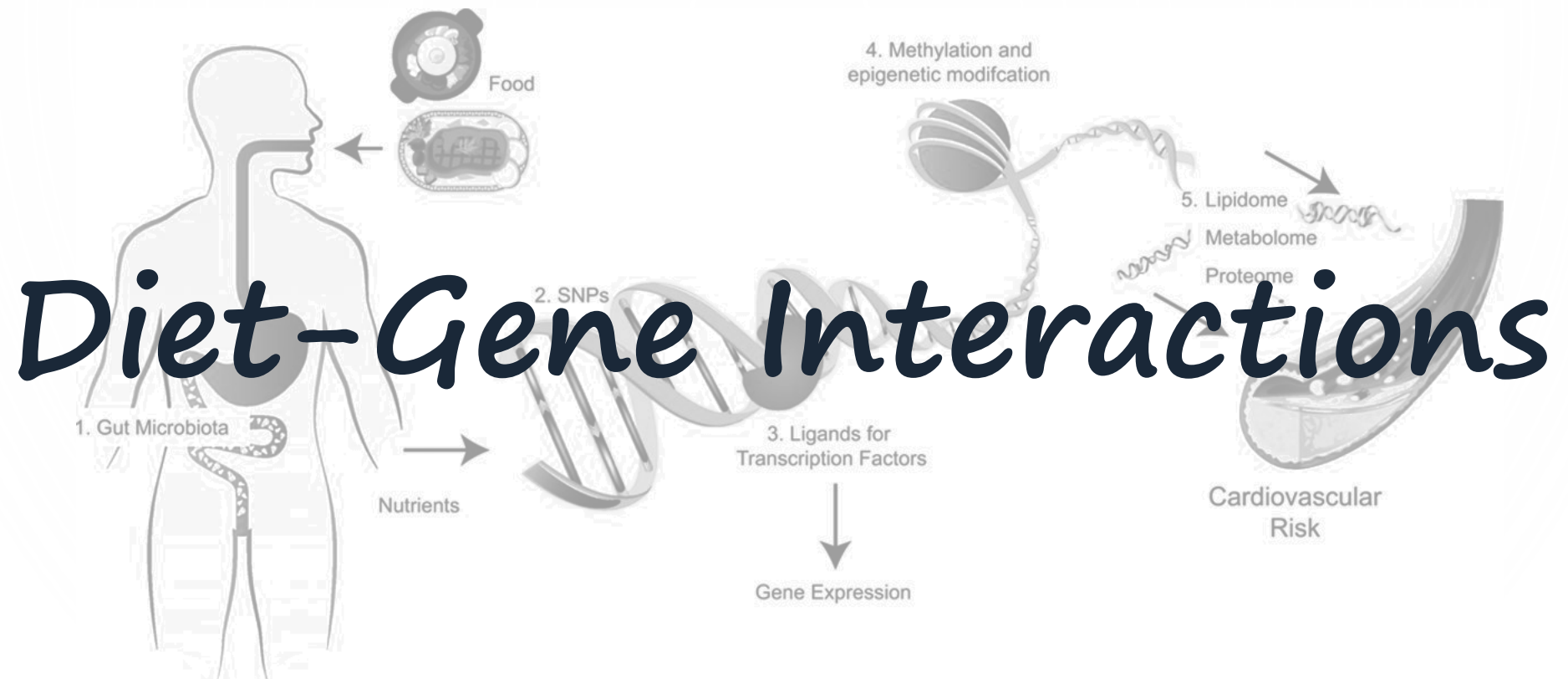
- Eat slowly and stop eating when you're 80% full.
- Choose mostly whole foods with minimal processing.
- Choose local or organic foods when possible.
- Take your plate outside and eat in the sun for extra vitamin D.
- After the meal, freshen breath with a piece of vitamin B-12 gum.
- Follow hunger cues. Eat more or less based on your appetite.
- Use smaller or larger plates based on your own body size.

wise dietary fat choices

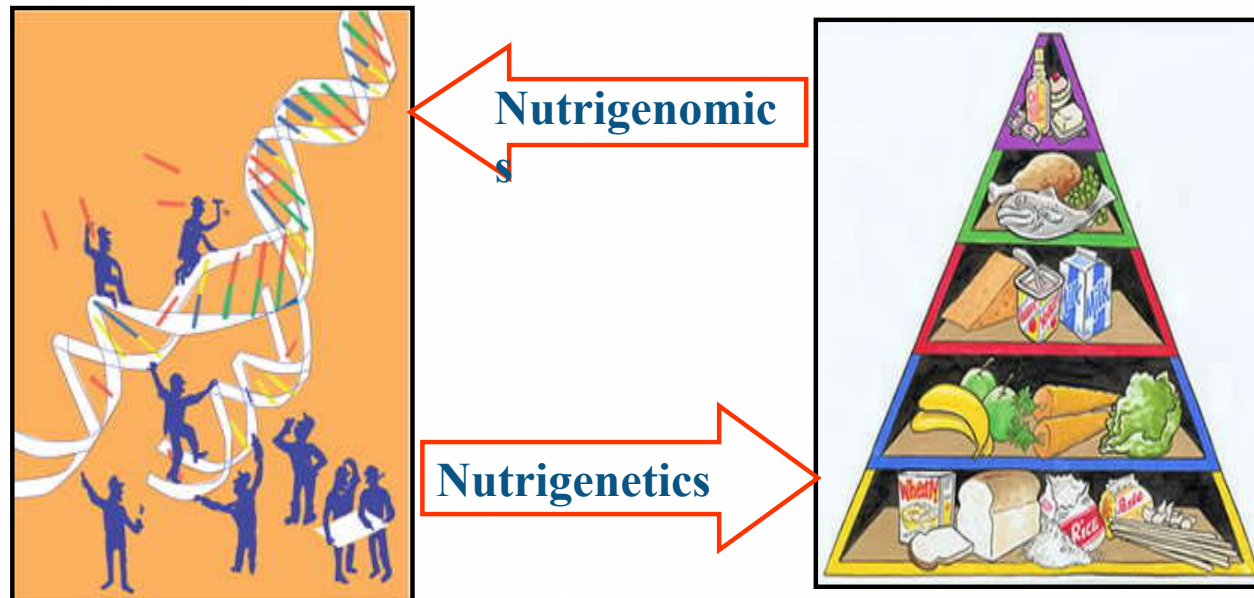
- *essential fatty acid*
- *blood lipid management*
- *maintained endocrine and immune function*
- *inflammation control*
- *metabolic effects*
- *potential body composition*
- *performance benefits.*



**No
need to
count calories.
Don't
eat
when you're
not hungry.
Duh...**

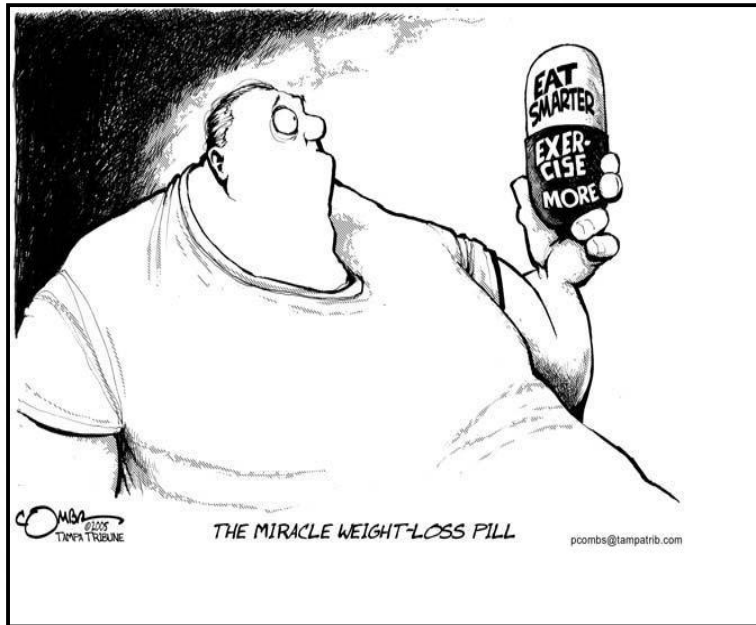


Nutrigenomics & Nutrigenetics



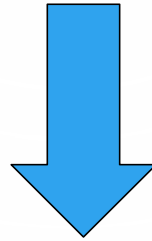
Molecular Nutrition

Applications



- Increased understanding of the link between diet and disease
 - change in dietary guideline
 - personalised diet/lifestyle change
 - better public healthy strategy to reduce the incidence of disease

Personalized Nutrition



Personalized Diet

Conclusions

- Eating a healthy balance diet is a hard work “but”
- Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best
- encourage eating foods that are low in fat, saturated fat, and cholesterol, high fiber foods: including whole-grain foods, vegetables and fruits; Foods that have only a moderate amount of sugar and salt, calcium rich food
- Balance : $IN = OUT$ (kalori/energy)
- optimize health and performance by examining how individual genetic differences modify our response to diet

Thank you

