

MILESTONE 2



The background features soft, wavy pink shapes on a light cream-colored field. There are three decorative hand-drawn elements: a four-pointed star in the top left, a six-pointed star in the top right, and a long, thin, wavy line with a small loop at its start in the bottom center. A second four-pointed star is located to the right of this wavy line.

LATAR BELAKANG



WHY?





1. RENDAHNYA PERHATIAN MASYARAKAT
TERHADAP KANDUNGAN KALORI

2. BERUKURANGNYA AKTIVITAS FISIK DALAM
SEMUA LEVEL DAN BIDANG KEHIDUPAN .



3. MENJAMURNYA MAKANAN-MAKANAN
JUNK FOOD DAN INSTAN



HOW?





MENSOSIALISASIKAN AKAN PENTINGNYA
HIDUP SEHAT

MEMBANTU MEMBUAT PENGGUNA TAHU
KEBUTUHAN JUMLAH KALORI TUBUHNYA



MEMBANTU PENGGUNA MENJAGA ASUPAN KALORI
TUBUHNYA

WHAT?

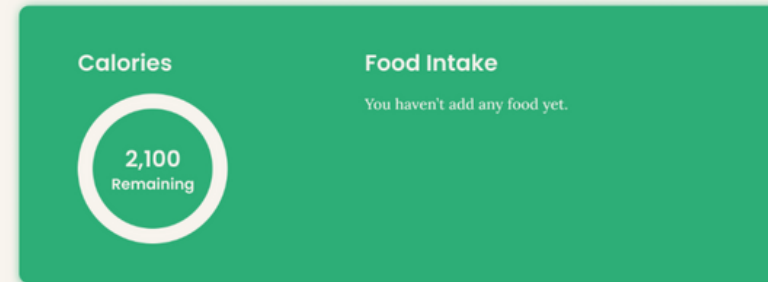


WEBSITE STAYHEALTHY



Count your calories with our tools

This chart below show your recommended calories intake per day. Make sure to fulfill your calories intake!



Search every item of your meals then add them to your Food Intake to see how your calories add up!

Search food

Rice



Rice

White Rice

Search food

Rice



Rice

349 cal, 100 g



White Rice

349 cal, 100 g



Fried Rice

349 cal, 100 g



Rice

349 cal, 100 g



White Rice

349 cal, 100 g



White Rice

349 cal, 100 g



Rice

349 cal, 100 g



Rice

349 cal, 100 g



White Rice

349 cal, 100 g



White Rice

349 cal, 100 g



1 2 3 4 5 6

CARA KERJA

1. ISI KOLOM SEARCH DENGAN NAMA MAKANAN
2. LALU KLIK TANDA '+'

