**A. IDENTITAS**

Nama : {{nama}}

Jenis kelamin : {{sex}}

tanggal : {{tanggal}}

Umur : {{usia}} tahun

BB : {{berat}} kg

TB : {{tinggi}} cm

Penyakit : {{penyakit}}

**B. PENGKAJIAN GIZI**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **DATA TERKAIT GIZI** | **STANDAR**  **PERBANDINGAN**  **NORMAL** | **MASALAH** |
| **ANTROPOMETRI** | {{antropometri}} | {{antropometri\_normal}} | {{masalah\_antro}} |
| **BIOKIMIA** | {{biokimia}} | {{biokimia\_normal}} | {{masalah\_biokimia}} |
| **RIWAYAT GIZI / MAKAN** | {{riwayat\_diet}} | {{riwayatdiet\_normal}} | {{masalah\_diet}} |
| **FISIK KLINIS** | {{fisik\_klinis}} | {{fisikklinis\_normal}} | {{masalah\_klinis}} |
| **RIWAYAT INDIVIDU** | {{riwayat\_individu}} | {{individu\_normal}} | {{masalah\_individu}} |

**C. DIAGNOSA GIZI**

|  |  |  |
| --- | --- | --- |
| **PROBLEM** | **ETIOLOGI /AKAR MASALAH** | **TANDA /GEJALA** |
| {{problem}} | {{etiologi}} | {{gejala}} |

**D. INTERVENSI GIZI**

|  |  |  |
| --- | --- | --- |
| **DIAGNOSIS GIZI** | | **INTERVENSI** |
| **P (Problem )** | {{p}} | {{p\_intervensi}} |
| **E (Etiologi)** | {{e}} | {{e\_intervensi}} |
| **S ( Sign/Simptom)** | {{s}} | {{s\_intervensi}} |

**E. PRESKREPSI DIET**

|  |  |
| --- | --- |
| **RENCANA DIET** | |
| **JENIS DIET** | {{jenis\_diet}} |
| **PENJELASANDIET** | {{prinsip}} |
| **TUJUAN DIET** | {{tujuan\_diet}} |
| **SYARAT DIET** | {{syarat\_diet}} |
| **BENTUK** | {{bentuk}} |
| **JALUR** | {{jalur\_pemberian}} |
| **FREKUENSI** | {{frekuensi}} |

**F. PERHITUNGAN ENERGI DAN GIZI**

BBI = TB – 100 × 0,9

= {{tinggi}} – 100 × 0,9

= {{bbi}}

IMT =

= {{berat}}/({{tinggi}} cm / 100) 2

= {{imt}}

BEE = {{beecode}} + ({{bbparam}} × BB) + ({{tbparam}} × TB) – ({{usiaparam }} × U)

= {{beecode}} + ({{bbparam}} × {{berat}}) + ({{tbparam}} × {{tinggi}}) – ({{usiaparam }} × {{usia}})

= {{bee}}

TEE = BEE × AKTIVITAS × STRESS

= {{bee}} × {{aktivitas}} × {{stress}}

= {{tee}}

1. Menghitung Kebutuhan Protein (10-15% TE)

Protein = 15% × kebutuhan energi

= (15 % × {{tee}}) / 4

= {{protein}} gr/hari

1. Menghitung Kebutuhan Lemak (20-25% TE)

Lemak = 20% × kebutuhan energi

= (20% × {{tee}}) / 9

= {{lemak}} gr/hari

1. Menghitung Kebutuhan Karbohidrat (60-65%)

Karbohidrat = 65%× kebutuhan energi

= (65% × {{tee}}) /4

= {{kharbo}} gr/hari

1. Menghitung Kebutuhan Cairan Per Hari

=

= ({{berat}} × 50) / 1000

= {{cairan}} liter

1. Menghitung Proporsi Kebutuhan Energi, Protein, Lemak, dan Karbohidrat Berdasarkan Waktu Makan

* Makan Pagi (35%)

Energi (Kkal) = 35% × Kebutuhan energi

= 35% × {{tee}}

= {{energi\_pagi}} kkal

Protein (gr) = 35% × Kebutuhan protein

= 35% × {{protein}}

= {{protein\_pagi}} gr

Lemak (gr) = 35% × Kebutuhan lemak

= 35% × {{lemak}}

= {{lemak\_pagi}} gr

Karbohidrat (gr) = 35% × Kebutuhan karbohidrat

= 35% × {{kharbo}}

= {{kharbo\_pagi}} gr

* Makan Siang (35%)

Energi (Kkal) = 35% × Kebutuhan energi

= 35% × {{energi}}

= {{energi\_siang}} kkal

Protein (gr) = 35% × Kebutuhan protein

= 35% × {{protein}}

= {{protein\_siang}} gr

Lemak (gr) = 35% × Kebutuhan lemak

= 35% × {{lemak}}

= {{lemak\_siang}} gr

Karbohidrat (gr) = 35% × Kebutuhan karbohidrat

= 35% × {{kharbo}}

= {{kharbo\_siang}} gr

* Makan Malam (30%)

Energi (Kkal) = 30% × Kebutuhan energi

= 30% × {{energi}}

= {{energi\_malam}} kkal

Protein (gr) = 30% × Kebutuhan protein

= 30% × {{protein}}

= {{protein\_malam}} gr

Lemak (gr) = 30% × Kebutuhan lemak

= 30% × {{lemak}}

= {{lemak\_malam}} gr

Karbohidrat (gr) = 30% × Kebutuhan karbohidrat

= 30% × {{kharbo}}

= {{kharbo\_malam}} gr

* **HASIL ANTROPOMETRI**

|  |  |
| --- | --- |
| **ANTROPOMETRI PARAMETER** | **JUMLAH** |
| BERAT BADAN | {{berat}} kg |
| TINGGI BADAN | {{tinggi}} cm |
| INDEX MASA TUBUH | {{imt}} |
| BERAT BADAN IDEAL | {{bbi}} kg |

* **HASIL PERHITUNGAN KEBUTUHAN GIZI**

|  |  |
| --- | --- |
| **KEBUTUHAN** | **JUMLAH** |
| BEE | {{bee}} kkal |
| TEE | {{tee}} kkal |
| KEBUTUHAN PROTEIN | {{protein}} gr |
| KEBUTUHAN LEMAK | {{lemak}} gr |
| KEBUTUHAN KARBOHIDRAT | {{kharbo}} gr |
| KEBUTUHAN CAIRAN | {{cairan}} l |

* **KEBUTUHAN ZAT GIZI SEKALI MAKAN**

|  |  |  |  |
| --- | --- | --- | --- |
| **ZAT GIZI** | **PAGI** | **SIANG** | **MALAM** |
| ENERGI | {{energi\_pagi}} | {{energi\_siang}} | {{energi\_malam}} |
| PROTEIN | {{protein\_pagi}} | {{protein\_siang}} | {{protein\_malam}} |
| LEMAK | {{lemak\_pagi}} | {{lemak\_siang}} | {{lemak\_malam}} |
| KHARBOHIDRAT | {{kharbo\_pagi}} | {{kharbo\_siang}} | {{kharbo\_malam}} |