**RUMUS DUBOIS IBU MENYUSUI**

* **IDENTITAS**

Nama : {{nama}}

Jenis kelamin : Wanita

tanggal : {{tanggal}}

Umur : {{usia}} tahun

BB : {{berat}} kg

TB : {{tinggi}} cm

Lama Menyusui : {{fase}}

KELUHAN : {{keluhan}}

* **PERHITUNGAN**
* BBI = TB – 100 × 0,9

= {{tinggi}} – 100 × 0,9

= {{bbi}}

* IMT =

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

= {{imt}}

* Perhitungan Total Energi dengan Rumus DU BOIS
* BMR = {{bmr\_code}} × 24 jam × BBI

= {{bmr\_code}} × 24 × {{bbi}}

= {{bmr}} kalori ***(A)***

* Koreksi tidur = 10% × lama tidur (jam) × BBI

= 10% × {{tidur}} jam × {{bbi}}

= {{ktidur}} kalori ***(B)***

***(A) – (B) = (C)***

= {{bmr}} – {{ktidur}}

= {{c}} kal ***(C)***

* Aktivitas = .....% aktif × C kal

= {{aktivitas}} × {{c}}

= {{aktivitas\_fisik}} kalori ***(D)***

***(C) + (D)* = *(E)***

***=*** {{c}} + {{aktivitas}}

= {{e}} kal ***(E)***

* SDA = 10% × E kal

= 10% × {{e}}

= {{sda}} ***(F)***

***(E) + (F)* = *(G)***

***=*** {{e}} + {{sda}}

**ENERGI =** {{energi}} ==> Energi Ditambah {{energiplus}} Sesuai AKG

* Menghitung Kebutuhan Protein (10-15% TE)

Protein = 15% × kebutuhan energi

= (15 % × {{energi}}) / 4 ==> Protein Ditambah {{proteinplus}} Sesuai AKG

= {{protein}}

* Menghitung Kebutuhan Lemak (20-25% TE)

Lemak = 20% × kebutuhan energi

= (20% × {{energi}}) / 9 ==> Lemak Ditambah {{lemakplus}} Sesuai AKG

= {{lemak}} gr/hari

* Menghitung Kebutuhan Karbohidrat (60-65%)

Karbohidrat = 65%× kebutuhan energi

= (65% × {{energi}}) / 4 ==> Karbo Ditambah {{karboplus}} Sesuai AKG

= {{kharbo}} gr/hari

* Menghitung Kebutuhan Cairan Per Hari

=

= ({{berat}} × 50) / 1000

= {{cairan}} liter

* Menghitung Proporsi Kebutuhan Energi, Protein, Lemak, dan Karbohidrat Berdasarkan Waktu Makan
* Makan Pagi (35%)

Energi (Kkal) = 35% × Kebutuhan energi

= 35% × {{energi}}

= {{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**

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| --- | --- |
| **KEBUTUHAN** | **JUMLAH** |
| BMR | {{bmr}} kkal |
| KEBUTUHAN ENERGI | {{energi}} 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}} |

* Tetapkan Dulu Waktu Makan

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| --- | --- |
| Pagi | Makan = Jam 07.00  Snack = Jam 10.00 |
| Siang | Makan = Jam 13.00  Snack = Jam 16.00 |
| Sore | Makan = Jam 19.00 |

* Susun Menu makan

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| --- | --- | --- | --- | --- | --- | --- |
| **Waktu** | **Menu** | **Bahan Makanan** | **Energi (kkal)** | **Protein (gr)** | **Lemak (gr)** | **Kharbohidrat (gr)** |
| **Pagi** |  |  |  |  |  |  |
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| **Siang** |  |  |  |  |  |  |
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| **Malam** |  |  |  |  |  |  |
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