**RUMUS MIFFLIN**

* **IDENTITAS**

Nama : {{nama}}

Jenis kelamin : {{sex}}

tanggal : {{tanggal}}

Umur : {{usia}} tahun

BB : {{berat}} kg

TB : {{tinggi}} cm

KELUHAN : {{keluhan}}

* **PERHITUNGAN**

BBI = TB – 100 × 0,9

= {{tinggi}} – 100 × 0,9

= {{bbi}}

IMT =

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

= {{imt}}

BMR = (10 × BB) + (6.25 × TB) – (5 × USIA) - {{plus}}

= (10 × {{berat}}) + (6.25 × {{tinggi}}) – (5 × {{usia}}) - {{plus}}

= {{bmr}}

ENERGI = BMR × AKTIVITAS

= {{bmr}} × {{aktivitas}}

= {{energi}}

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

Protein = 15% × kebutuhan energi

= (15 % × {{energi}}) / 4

= {{protein}} gr/hari

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

Lemak = 20% × kebutuhan energi

= (20% × {{energi}}) / 9

= {{lemak}} gr/hari

1. Menghitung Kebutuhan Karbohidrat (60-65%)

Karbohidrat = 65%× kebutuhan energi

= (65% × {{energi}}) /4

= {{kharbo}} gr/hari

1. 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 |
| ENERGI | {{energi}} kkal |
| KEBUTUHAN PROTEIN | {{protein}} gr |
| KEBUTUHAN LEMAK | {{lemak}} gr |
| KEBUTUHAN KARBOHIDRAT | {{kharbo}} gr |
| KEBUTUHAN CAIRAN | {{cairan}} l |

* **KEBUTUHAN ZAT GIZI SEKALI MAKAN**

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| --- | --- | --- | --- |
| **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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