

# 1. DKBM ( Daftar Komposisi Bahan Makanan)

*Per 100 gram*

Bahan Makanan	Kalori Kal	Protein g	Lemak g	Hi- drat arang g	Ca mg	P mg	Fe mg	Vit. A IU	Vit. B <sub>1</sub> mg	Vit. C mg	Air g	Bag. yg. dapat dimakan %
1	2	3	4	5	6	7	8	9	10	11	12	13
1. Beras giling	360	6,8	0,7	78,9	6	140	0,8	0	0,12	0	13,0	100
2. Jagung kuning, pipil baru	307	7,9	3,4	63,6	9	148	2,1	440	0,33	0	24,0	90
3. Gapek	338	1,5	0,7	81,3	80	60	1,9	0	0,04	0	14,5	100
4. Kentang	83	2,0	0,1	19,1	11	56	0,7	0	0,11	17	77,8	85
5. Ketela pohon (singkong)	146	1,2	0,3	34,7	33	40	0,7	0	0,06	30	62,5	75
6. Ubi jalar merah	123	1,8	0,7	27,9	30	49	0,7	7.700	0,09	22	68,5	86
7. Tahu	68	7,8	4,6	1,6	134	63	0,8	(0)	0,06	0	84,8	100
8. Tempe kedele murni	149	18,3	4,0	12,7	129	154	10,0	(30)	0,17	0	64,0	100
9. Ayam	302	18,2	25,0	0	14	200	1,5	810	0,08	0	55,9	58
10. Daging kambing	154	16,6	9,2	0	11	124	1,0	0	0,09	0	70,3	100
11. Daging sapi	207	18,8	14,0	0	11	170	2,8	30	0,08	0	66,0	100
12. Telur ayam	162	12,8	11,5	0,7	54	180	2,7	900	0,10	0	74,0	90
13. Telur bebek (telur itik)	189	13,1	14,3	0,8	56	175	2,8	1.230	0,18	0	70,8	90
14. Ikan segar	113	17,0	4,5	-0	20	200	1,0	150	0,05	0	76,0	(80)
15. Udang, segar	91	21,0	0,2	0,1	136	(170)	8,0	60	0,01	0	75,0	68
16. ...	36	2,4	0,4	6,4	267	87	3,9	6.060	0,08	80	86,9	71

# Dkbm Gizi

**Lini Anisfatus Sholihah, Satwika Arya  
Pratama, Cleonara Yanuar Dini, Amalia  
Ruhana**

## **Dkbn Gizi:**

BUKU AJAR DASAR ILMU GIZI Siti Aisyah Solechah, S.KG., M.Si., Fahrini Yulidasari, SKM., MPH, Muhammad Irwan Setiawan, S.Gz., M.Gz., Dr. Atikah Rahayu, SKM., MPH, 2024-11-20 Buku ajar ini yang berjudul Dasar Ilmu Gizi disusun oleh tim penulis dengan tujuan untuk memberikan pemahaman mendalam mengenai konsep dasar gizi kepada mahasiswa kesehatan masyarakat. Buku ini berfungsi sebagai panduan komprehensif dalam memahami kebutuhan zat gizi baik makro maupun mikro serta berbagai faktor yang memengaruhi keseimbangan gizi dalam tubuh. Struktur buku ini terbagi ke dalam beberapa bab utama. Bab pertama mengulas tentang komponen tubuh dan kebutuhan zat gizi memberikan dasar pengetahuan mengenai bagaimana tubuh manusia memanfaatkan berbagai zat gizi. Bab-bab berikutnya secara bertahap membahas tentang zat gizi makro seperti karbohidrat, protein, dan lemak, serta keseimbangan energi yang dibutuhkan untuk menjaga kesehatan. Vitamin larut lemak dan vitamin larut air dijelaskan secara rinci dalam bab-bab selanjutnya, memberikan wawasan tentang peran penting vitamin dalam tubuh dan bagaimana kekurangan atau kelebihan vitamin dapat mempengaruhi kesehatan. Selain itu, terdapat juga pembahasan mengenai mineral baik makro maupun mikro serta pentingnya keseimbangan air dan elektrolit dalam menjaga fungsi tubuh yang optimal. Salah satu bagian penting dari buku ini adalah pembahasan mengenai Angka Kecukupan Gizi (AKG) dan Pedoman Gizi Seimbang (PGS) yang menjadi panduan dalam menyusun pola makan yang sehat dan seimbang. Buku ini juga dilengkapi dengan Tabel Komposisi Pangan Indonesia (TKPI) yang sangat bermanfaat bagi mahasiswa dan praktisi gizi dalam menentukan kandungan gizi dari berbagai bahan makanan. Buku ajar ini diharapkan dapat menjadi referensi utama bagi mahasiswa dalam mempelajari dasar-dasar ilmu gizi serta membantu mereka dalam mencapai kompetensi yang dibutuhkan untuk bekerja di bidang gizi masyarakat. Dengan penyajian materi yang sistematis dan mudah dipahami, buku ini menjadi sumber belajar yang berharga dalam mengembangkan pengetahuan dan keterampilan di bidang gizi.

*BUKU AJAR PENILAIAN STATUS GIZI* Lini Anisfatus Sholihah, Satwika Arya Pratama, Cleonara Yanuar Dini, Amalia Ruhana, 2024-08-07. Buku berjudul Penilaian Status Gizi terdiri dari penilaian status gizi terutama antropometri, gizi biokimia, gizi fisik klinis, gizi survei konsumsi makanan, dan penilaian ekologi gizi serta aktivitas fisik. Buku ini disusun guna mendampingi pengukuran dan penilaian status gizi agar menjadi calon ahli gizi yang terampil. Buku ini lebih untuk memberi tuntunan pada mahasiswa dalam belajar dan memperkaya pemahaman. Semoga buku ini memberi manfaat dan dapat memberikan kontribusi terhadap peningkatan kompetensi mahasiswa di bidang Gizi.

**Survei Konsumsi Gizi** Dr. Fatmawati, S.K.M., M.Kes., dr. Nina Indriyani Nasruddin, M.Kes., M.Gizi, Suharni, S.K.M., M.Gz., Ns. Nur Falah Setyawati, S.Kep., MPH, Irma Yunawati, S.K.M., M.P.H., Supyati, SKM., M.Kes., Kuntari Astriana, S.Gz., M.Gizi, Yuni Afriani, S.Gz., M.P.H., Delima Citra Dewi Gunawan, S.Gz., MKM, Evi Kusumawati, SST, M. Si Med, Ritma Dewanti, S.Gz., M.Gz., Yunita Indah Prasetyaningrum, S.Gz., M.P.H., Devillya Puspita Dewi, S.Gz., M.P.H., Nelini, SKM., M.Kes., Harleli, SST., M. Kes., Tri Mei Khasana, S.Gz., M.P.H., 2023-10-23. Survei konsumsi gizi atau penilaian konsumsi makanan adalah salah

satu metode yang digunakan untuk menentukan status gizi individu atau kelompok Banyak eksperimen membuktikan bahwa dengan melakukan neraca konsumsi makanan survei asupan gizi secara tidak langsung bertujuan untuk memberikan informasi dasar tentang status asupan gizi saat ini dan riwayat individu keluarga dan masyarakat Buku Survei konsumsi gizi yang berada ditangan pembaca ini terdiri dari 16 bab yaitu Bab 1 Konsep Survei Konsumsi Gizi Bab 2 Metode Food Weighing Bab 3 Metode Food Record Bab 4 Metode Food Recall 24 Jam Bab 5 Metode Food Frekwensi Questannaeri Bab 6 Metode Dietary Histori Bab 7 Metode Food Account Bab 8 Teknik Neraca Bahan Makanan NBM Bab 9 Teknik Pengukuran Konsumsi Gizi Bab 10 Teknik Penggunaan Food Model Dan Food Picture Bab 11 Teknik Estimasi Dan Analisis Hasil Survei Konsumsi Gizi Bab 12 Evaluasi Dan Monitoring Hasil Survei Konsumsi Gizi Bab 13 Penilaian Kecukupan Gizi Dari Hasil Pengukuran Konsumsi Makanan Pada Individu Keluarga Rumah Tangga Bab 14 Tingkat Kecukupan Asupan Zat Gizi Individu Keluarga Rumah Tangga Bab 15 Persiapan Monitoring Dan Evaluasi Asupan Gizi Konsumsi Klien Bab 16 Pelaksanaan Monitoring Dan Evaluasi Asupan Gizi Konsumsi Klien

Kesadaran gizi nasional dalam rangka peningkatan kualitas sumberdaya manusia,1990

**Khasiat Makanan Mentah Raw Food Diet** Made Astawan,2008-08-05 Mengonsumsi makanan mentah sebenarnya sudah dikenal di Indonesia misalnya saja karedok atau lalapan Diet makanan mentah merupakan salah satu pola makan yang menjunjung tinggi gerakan back to nature Inilah keunggulan diet ini dibandingkan dengan pola makan lainnya Manfaat lainnya tak hanya sekedar menjaga kelangsingan tubuh Makanan mentah membuat kulit terlihat lebih muda dan menarik tubuh lebih sehat lebih berenergi stamina meningkat serta bau badan dan bau mulut hilang Dan yang paling penting diet ini juga mencegah terjadinya penyakit gaya hidup yang kerap dijumpai pada saat ini seperti penyakit jantung kanker aterosklerosis dan stroke Jadi sebetulnya diet makanan mentah ini benar benar langkah nyata menuju kehidupan yang lebih prima Dalam buku ini juga akan dijelaskan mengenai karakteristik dan khasiat makanan mentah disertai penjelasan mengenai kandungan vitamin dan nutrisinya Tak lupa aneka resep lezat yang mudah dibuat akan melengkapi buku ini Resep resep ini sudah dimodifikasi sesuai dengan selera Indonesia

Risalah Widyakarya Pangan dan Gizi V,1994 Results of the Fifth Workshop on Food and Nutrition

**Gizi menuju peningkatan kualitas sumber daya manusia** Persatuan Ahli Gizi Indonesia. Kongres,1990 Role of nutrition in improving health and quality of human resources proceedings

**Meningkatkan penelitian dan pengembangan kesehatan untuk menunjang pembangunan nasional**,1990 Proceedings of a workshop on research and development in health

*Tabel komposisi pangan Indonesia (TKPI)*,2009 Indonesian food composition table

*Monograf Pengaruh Budaya Makanan Bersantan terhadap Peningkatan Kadar Kolesterol* Muhammad Saputra,Agustina Lestari,2025-07-01 Budaya kuliner Indonesia tidak dapat dilepaskan dari penggunaan santan sebagai bahan utama dalam berbagai hidangan tradisional dan dapat disebut sebagai identitas budaya Namun di balik kekayaan rasa tersebut muncul kekhawatiran akan dampaknya terhadap kesehatan masyarakat khususnya peningkatan kadar kolesterol Buku ini mengkaji secara kritis hubungan antara pola konsumsi makanan bersantan dan

prevalensi hiperkolesterolemia di tengah masyarakat Melalui pendekatan multidisipliner yang mencakup kajian budaya gizi dan kesehatan masyarakat penulis menghadirkan analisis yang komprehensif serta rekomendasi strategis untuk mendorong pola makan yang lebih sehat tanpa mengabaikan nilai-nilai budaya Model Ekonomi Rumah Tangga Nelayan Skala Kecil dalam Mencapai Ketahanan Pangan Pudji Purwanti, 2010-07-21 Ketahanan pangan dalam rumah tangga nelayan tidak dapat dipisahkan dengan kegiatan produksi curahan kerja pendapatan dan pengeluaran dalam rumah tangga nelayan yang merupakan satu kesatuan yang saling terkait Oleh karena itu setiap terjadi perubahan sosial ekonomi dan kebijakan akan berpengaruh terhadap keseluruhan perilaku ekonomi dan ketahanan pangan rumah tangga nelayan Model ekonomi rumah tangga nelayan dibangun dalam bentuk model ekonometrika dengan persamaan simultan mengacu pada model ekonomi rumah tangga pertanian dan mengintegrasikan aspek ketahanan pangan rumah tangga Responden ditentukan pada nelayan juragan skala kecil dengan total sampel 80 unit rumah tangga Estimasi model ekonomi rumah tangga nelayan menggunakan metode two Stage Least Square 2SLS Simulasi kebijakan dan nonkebijakan antara lain 1 perubahan harga ikan 2 bantuan teknologi penangkapan 3 kenaikan biaya operasional melaut 3 kenaikan harga kebutuhan pokok 4 perubahan anggota keluarga 5 subsidi pendidikan dan kesehatan 6 penambahan curahan kerja non fishing suami dan istri 7 simulasi ganda

**Karya UB untuk anak negeri, 2013**, 2013 Abridgements of selected research reports conducted by Universitas Brawijaya **Tempo**, 1981 **Lokakarya Tentang Penelitian dan Pengembangan Kesehatan, Ciloto, 28-30 Maret 1988**, 1989 Proceedings of a workshop on research and development of health **Kemandirian pangan menuju ketahanan pangan berkelanjutan**, 2004 Critical thoughts and analysis on food supply in Indonesia collection of articles previously published in Suara Pembaruan daily newspaper 2003 Mini Ensiklopedia MP-ASI Sehat Tim Admin Hhbf, 2015-01-01 Generasi cerdas tumbuh dari makanan yang sehat Apakah Anda salah satu yang percaya akan relasi kedua hal itu Maka bergabunglah dengan kami Di grup Homemade Healthy Baby Food kami percaya bahwa makanan buatan sendiri adalah salah satu Fondasi terbaik bagi si kecil dan keluarga Anda Tak hanya bercita rasa enak kami juga mencari tahu tentang manfaat dan kebaikan dalam setiap asupan Dan melalui buku ini kami membaginya dengan Anda Tak perlu ragu lagi memasak dengan alat-alat sederhana dan bahan yang Anda temukan di rumah Tak sesulit yang Anda bayangkan dan yakinlah Jika Anda memasak dengan cinta hasilnya pasti penuh cita rasa Temukan informasi informasi MP ASI sehat di buku ini lalu bersiaplah bertemu generasi cerdas di rumah Anda Buku Persembahkan Penerbit PandaMedia PandaMedia

**Widya Karya Nasional Pangan dan Gizi**, 1979 **Prosiding Seminar Nasional Makanan Tradisional**, 1999 Publicity of traditional food food habit etc in Indonesia proceedings of seminar *Catalog Medical Science of Thesis Abstract* Perpustakaan Nasional (Indonesia), 2011 **Neraca bahan makanan dan pola pangan harapan Kabupaten Pasir**, 2005

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