

Kurniasih D, Hilmansyah H, Astuti MP, Imam S. Editors: Soekirman, Afriansyah N & Erikania J. 2010. Nakita & Yayasan Institut Danone Indonesia. PT Penerbitan Sarana Bobo.

Asbtract

The book was written to answer the need of a general guide to healthy eating and lifestyle, due to the increase trend of overnutrition and to re-socialize to the public the basic messages of Nutrition Guidelines. The book is co-written by Scientific Members of the Indonesian Danone Institute Foundation with reporters of Nakita, a tabloid providing information on child's growth. The Nutrition Guidelines is depicted in a "Tumpeng Gizi Seimbang" designed to accommodate the four main messages: (1) Consume variety of food, (2) Keep clean, (3) Be active, exercise regularly, and (4) Monitor body weight.

In the Introduction, the problem of double burden nutrition in Indonesia, the importance of intervention at the period of 'Window of Opportunity', as well as the difference between the previous famous message '4 Sehat dan 5 Sempurna' and 'Balanced Diet' was explained. In the next 7 chapters afterward, specific nutritional messages for various stages in life were elaborated. The book is divided into 7 age groupings, namely, pregnant & lactating women, children 0-2 years, 3-5 years, 6-9 years, adolescence 10-19 years, adult, and elderly. In each chapter, four common themes are discussed: specific condition and problems, nutritional needs, and principles of balanced diet covering the above 4 main messages. At the end of each chapter, suggested food pattern and combination of menu were included. At the annex the following information were attached: example of recipes, Ukuran Rumah Tangga (conversion to household measures), Bahan Makanan Penukar (Food Conversion List), Tabel Angka Kecukupan Gizi (Nutrients Recommendation Table), and Body Mass Index table for adult and elderly.