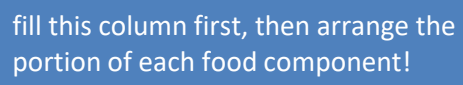


	portion	calory (kcal)	carbohydrate (g)	protein(g)	fat (g)
Karbohidrat	4.5	787.5	180	18	
<b>Protein Hewani</b>					
1. Lemak rendah	1.5	75		10.5	3
2. Lemak sedang	1	75		7	5
3. Tinggi Lemak	0.5	75		3.5	6.5
Protein Nabati	3	240	24	18	9
Sayuran tipe C	1.5	75	15	4.5	
Sayuran tipe B	2.5	62.5	12.5	2.5	
Minyak, Lemak	2	100			10
Gula	1.25	37.5	9.375		
Susu dan Olahan	2.5	275	25	17.5	20
Buah	3.5	175	35		
<b>Total</b>		<b>1977.5</b>	<b>300.875</b>	<b>81.5</b>	<b>53.5</b>

Kebutuhan Gizi		2,016.06	302.40825	75.6020625	56.00152778
<b>Pemenuhan</b>		<b>98.0876018</b>	<b>99.49298672</b>	<b>107.801292</b>	<b>95.53310798</b>



fill this column first, then arrange the portion of each food component!

	Porsi	Karbohidrat	Protein Hewani Lemakrendah	Protein Hewani Lemak sedang	Protein Hewani Lemak Tinggi	Protein Nabati	Sayuran tipe C
Makan Pagi		1	0.5	0	0	1	0.5
Snack Pagi		1	0	0	0	0	0
Makan Siang		1	0.5	1	0	1	0
Snack Sore		0	0	0	0.5	0	1
Makan Malam		0.5	0.5	0	0	1	0
Snack Malam		1	0	0	0	0	0
Jumlah perhitungan		4.5	1.5	1	0.5	3	1.5
Porsi yang dibutuhkan		4.5	1.5	1	0.5	3	1.5

Sayuran tipe B	Minyak, Lemak	Gula	Susu dan Olahan	Buah
1.5	0.5	0.25	0	0.5
0	0.5	0	1	0
0.5	0	0.5	0.5	1.5
0	0.5	0.5	0	1
0	0.5	0	1	0
0.5	0	0	0	0.5
2.5	2	1.25	2.5	3.5
2.5	2	1.25	2.5	3.5

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