ABSTRACT

DODHI WIDYATNOKO. Web-Based Development of Nutritional Status Computing System, Food Consumption, Nutritional Adequacy and Nutritional Adequacy Level by web-base. Supervised by Dadang Sukandar.

Nutritional problems in adolescents and adults are not only underweight but also obesity. Generally, the problem of obesity was higher in adolescents and adults who live in urban, have well education and economic level. Limited information in knowledge and skills of the nutritional status, nutritional intake, nutrient intake, and nutritional adequacy are several factors for malnutrition problem. Media “webgizi” can facilitate a person in determining the nutritional status, nutrient intake, and nutritional adequacy.

This website was developed using PHP and MySQL as database. The method used was Grraple, the process of software development with object-oriented modeling at some steps. Input required are weight, height, sex, age, type and amount of food while the output of webgizi are information on nutritional status, macro nutrients requirement, total macro nutrients, and macro nutrients requirement level.

Webgizi consists of pages for administrator and visitors. Administrator has five menu pages (articles, user, food data, RDA data, and BMI data) that can only be accessed by admin. While visitors have four menu pages namely home, list, profile, and nutritional information.

Keyword : nutritional information, nutrition website, nutritional status, Computerized Nutrien