

KECUKUPAN ENERGI, PROTEIN, LEMAK DAN KARBOHIDRAT

Hardinsyah¹, Hadi Riyadi¹ dan Victor Napitupulu²

¹Departemen Gizi Masyarakat FEMA IPB

²Departemen Gizi, FK UI

E-mail : hardinsyah2010@gmail.com

Abstrak

Angka kecukupan gizi (AKG) berguna sebagai patokan dalam penilaian dan perencanaan konsumsi pangan, serta basis dalam perumusan acuan label gizi. Angka kecukupan gizi mengalami perkembangan sesuai dengan perkembangan iptek gizi dan ukuran antropometri penduduk. Setelah sekitar sepuluh tahun ditetapkan angka kecukupan energi (AKE) dan kecukupan protein (AKP) bagi penduduk Indonesia, kini saatnya ditinjau ulang dan disempurnakan. Kajian ini bertujuan merumuskan angka kecukupan energi (AKE), kecukupan protein (AKP), kecukupan lemak (AKL), kecukupan karbohidrat (AKK) dan serat makanan (AKS) penduduk Indonesia.

Data berat badan (BB) dan tinggi badan (TB) yg digunakan dalam perhitungan AKE dan AKP didasarkan pada median berat badan dan tinggi badan normal penduduk Indonesia menurut kelompok umur dan jenis kelamin berdasarkan data Riskesdas 2010 terhadap standar WHO. Secara umum perhitungan AKE pada anak dan dewasa didasarkan pada model persamaan estimasi energi IOM 2005 (MPEI). MPEI pada anak mempertimbangkan faktor RBNPI, umur, energi pertumbuhan dan energi cadangan. MPEI pada remaja dan dewasa mempertimbangkan faktor RBNPI, umur, energi cadangan dan aktifitas fisik. Perhitungan AKP bagi anak dan dewasa didasarkan pada kecukupan protein pada setiap kelompok umur dan jenis kelamin anjuran IOM (2005) dan WHO (2007) serta faktor koreksi mutu protein. Perhitungan AKL didasarkan pada anjuran sebaran persentase energi dari lemak (Acceptable Macronutrient Distribution Range –AMDR) dan kebutuhan asam lemak esensial bagi setiap kelompok umur dan jenis kelamin yang dianjurkan IOM (2005) dan FAO/WHO (2008). Perhitungan tambahan AKE, AKP, AKL bagi busui didasarkan pada tambahan kecukupan gizi ini untuk produksi ASI dikoreksi penurunan berat badan setelah melahirkan. Perhitungan tambahan AKE, AKP, AKL bagi bumil didasarkan pada tambahan kecukupan zat gizi ini bagi pertumbuhan perkembangan janin dan organ tubuh ibu, peningkatan cairan tubuh, dan cadangan. Perhitungan AKL didasarkan pada IOM (2005) dan FAO/WHO (2008) serta distribusi persentase energi gizi makro. Angka kecukupan serat pangan (AKS) bagi anak, remaja dan dewasa adalah 14 g serat pangan per 1000 kkal kecukupan energy (IOM 2005).

Hasil kajian menunjukkan kisaran distribusi energi gizi makro dari pola konsumsi penduduk Indonesia berdasarkan analisis data Riskesdas 2010 adalah 9-14% energi protein, 24-36% energi lemak, dan 54-63% energi karbohidrat yang belum sebaik yang diharapkan, yaitu 5-15% energi protein, 25-55% energi lemak, dan 40-60% energi karbohidrat tergantung usia atau tahap tumbuh kembang. Pada makalah ini disajikan AKL, AKK dan AKS untuk setiap kelompok umur dan jenis kelamin bagi penduduk Indonesia. AKP yang dihasilkan dari data klinis (keseimbangan nitrogen) jauh lebih rendah dibandingkan cara anjuran kisaran sebaran persentase energi dari gizi makro (AMDR). Secara umum AKE dan AKP bagi penduduk Indonesia saat ini (WNPG 2012) sedikit lebih tinggi dibanding AKE dan AKP 2004 (WNPG 2004). Dengan menggunakan hasil perhitungan AKE dan AKP pada setiap kelompok umur dan jenis kelamin, serta komposisi penduduk hasil Sensus Penduduk

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