

Pengaruh pemberian diet rendah karbohidrat terhadap perubahan berat badan, indeks massa tubuh dan persentase lemak tubuh di Catering SlimGourmet = Body mass index and body fat percentage changes on low carbohydrate diet in SlimGourmet Catering

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Abstrak

Penelitian ini dilakukan untuk melihat perubahan Berat Badan (BB), Indeks Massa Tubuh (IMT) dan Persentase Lemak Tubuh (PLT) pelanggan Catering SlimGourmet pada sebelum dan sesudah dua minggu diberikan diet rendah karbohidrat. Variabel independen dari penelitian ini adalah status gizi (nilai BB, IMT dan PLT) pada sebelum dan sesudah penelitian. Sedangkan variabel dependen adalah pemberian diet rendah karbohidrat. Penelitian ini adalah menggunakan data kuantitatif primer dan sekunder. Penelitian menggunakan metode penelitian eksperimental dengan teknik pengembangan longitudinal. Penelitian dilaksanakan di Catering SlimGourmet, Kebayoran Baru, Jakarta Selatan. Jumlah sampel minimal adalah sejumlah 35 orang, didapatkan dengan cara purposive sampling. Sampel yang terlibat sejumlah 40 orang, yaitu seluruh pelanggan diet rendah karbohidrat di Catering SlimGourmet. Pengambilan data menggunakan instrumen microtoise, Bioelectrical Impedance Analysis, Global Physical Analysis Questionnaire (GPAQ) versi 2, form food recall 48 jam dan alat tulis dan software komputer Nutrisurvey 2007 serta SPSS 16.0.

Hasil penelitian menunjukkan bahwa terdapat penurunan BB, IMT dan PLT secara bermakna setelah dua minggu diberikan diet rendah karbohidrat ($P < 0,05$) dan dipengaruhi oleh jenis kelamin dan aktivitas fisik ($P < 0,05$). Hasil penelitian sesuai dengan Dari hasil penelitian disarankan Catering SlimGourmet dapat mengurangi pemberian karbohidrat sederhana, meningkatkan protein nabati, serat, memberikan siklus menu terhadap pelanggan, memantau kondisi kesehatan, daya terima makanan dan kebiasaan makan pelanggan terdahulu serta mengembangkan program diet lain dengan komposisi zat gizi mikro dan makro berbeda untuk menjaga kesehatan. Disarankan kepada pelanggan untuk meningkatkan aktivitas fisik dan tidak terlalu lama menjalankan diet rendah karbohidrat dengan durasi maksimal enam bulan (dilanjutkan dengan diet seimbang).

<hr>This study was aimed to compare Body weight (BW), Body Mass Index (BMI) and Body Fat Percentage (BFP) changes after two weeks of low carbohydrate diet adduction in SlimGourmetCatering. The independent variable in this study was nutrition status (BW, BMI and BFP) before and after low carbohydrate diet adduction. The dependent variable was low carbohydrate adduction. This study used both primary and secondary datas. This was an experimental study that utilizes quantitatedata through measurements and interviews. This study was located at SlimGourmet Catering, KebayoranBaru, South Jakarta. The minimal number of subject; which was 35 people, was obtained by using purposive sampling calculation. There were 40 people contributed as subjects in this study, and they were all costumers of low carbohydrate diet in SlimGourmet Catering. Data was collected using instruments such as microtoise, Bioelectrical Impedance Analysis, Global Physical Analysis Questionnaire (GPAQ) version 2, 48 hours food recall form dan stationaries and computer softwares (Nutrisurvey 2007 and SPSS 16.0).

After two weeks assigned to low carbohydrate diet, subjects had significantly reduced BW, BMI and BFP ($P < 0,05$) and the process was significantly affected by sex and physical activity ($P < 0,05$). Researcher recommends SlimGourmet Catering to improve their low carbohydrate diet program by reducing the amount of simple carbohydrate, add more vegetable protein, add more fiber sources, give meal schedules to clients, monitoring medical condition, dietary history of the clients, and develop other advantageous diet with different composition of macro- and micro nutrients for general health. Researcher recommends clients to increase exercise, and limit the duration of low carbohydrate diet and replace it gradually with balanced diet.