

Pengaruh diet rendah kalori seimbang terhadap resting energy expenditure, respiratory quotient dan profil lipid serum perempuan obes = The effect of balanced low calorie diet on resting energy expenditure (ree), respiratory quotient (rq) and serum lipid profile of obese women

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Abstrak

Tujuan : Mengetahui pengaruh diet rendah kalori seimbang terhadap resting energy expenditure (REE), respiratory quotient (RQ) dan profil lipid serum untuk menurunkan morbiditas dan mortalitas penderita obesitas.

Tempat : Rumah Sakit Sumber Waras Jakarta

Bahan dan cara : Penelitian merupakan suatu eksperimental pra dan pasca pemberian diet rendah kalori seimbang 1000 Kkal dengan komposisi 55 % karbohidrat, 20 % protein dan 25 % lemak selama 14 hari terhadap 38 subjek perempuan obes (19-55 tahun) yang telah memenuhi kriteria penerimaan dan penolakan. Data yang dikumpulkan meliputi data karakteristik sosial demografi, data asupan energi dan makronutrien, antropometri, REE, RQ, kadar kolesterol total, trigliserida, kolesterol LDL dan kolesterol HDL serum.

Hasil : Setelah pemberian diet 1000 kkal selama 14 hari pada perempuan obes terjadi penurunan bermakna dari berat badan sebesar 2,64% (p= 0,001), penurunan IMT 2,77% (p= 0,001), penurunan persentase massa lemak tubuh 1,44% (p= 0,001), peningkatan persentase massa bebas lemak 1,36% (p= 0,001), penurunan rasio Lpi-Lpa 2,5% (p= 0,001), penurunan tidak bermakna dari REE 4,41% (p= 0,071), penurunan bermakna dari RQ 4,78% (p= 0,036), penurunan kolesterol total 6,67% (p= 0,001), penurunan trigliserida 22,92% (p= 0,001), penurunan kolesterol LDL 4,22% (p 0,027) dan penurunan kolesterol HDL serum 5,54% (p= 0,004).

Simpulan : Pemberian diet rendah kalori seimbang sebesar 1000 Kkal/hari selama 14 hari terbukti dapat menurunkan secara bermakna berat badan, IMT, persentase massa lemak, meningkatkan persentase massa bebas lemak, menurunkan rasio Lpi-Lpa, RQ, kolesterol total, trigliserida, kolesterol LDL dan kolesterol HDL serum, tetapi tidak menurunkan secara bermakna REE pada perempuan obes.

*Objective* : To identify the effect of balanced low calorie diet on REE, RQ and serum lipid profile of obese women in reducing morbidity and modality of obese people.

Place : Sumber Waras Hospital, Jakarta.

Materials and Methods : The study was an experimental, pre and post balanced low calorie diet (1000 Kcal/day, 55% carbohydrate, 20% protein and 25% fat) for 14 days. Thirty eight obese women, 19.-55 years old had been selected as subjects according to inclusion and exclusion criteria The data that had been collected were social and demographic characteristics, the energy and macronutrient intake, anthropometric,

REE, RQ, level of total serum cholesterol, triglyceride, LDL cholesterol and HDL cholesterol.

Results : After 14 days balanced low calorie diet , there were significant reduction of body weight 2,64% (p= 0,001), body mass index 2,77% (p= 0,001), percentage of fat mass 1,44% (p= 0,001), increarnent percentage of fat free mass 1,36% (p= 0,001), reduction of waist to hip ratio 2,5% (p= 0,001), insignificant reduction of REE 4,41% (p= 0,071), significant reduction of RQ 4,78% (p= 0,036), level of total serum cholesterol 6,67% (p= 0,001), triglyceride 22,92% (p= 0,001), LDL cholesterol 4,22% (p= 0,027) and HDL cholesterol 5,54% (p= 0,004).

Conclusion : Balanced low calorie diet was had been shown to reduce body weight, body mass index, percentage of fat mass, to increase percentage of fat free mass, to reduce waist to hip ratio, RQ, level of total serum cholesterol, triglyceride, LDL cholesterol and HDL cholesterol of obese women significantly, but didn't reduce REE significantly.</i>