

## Penerapan teori Wu Xing dan Yin Yang pada konsumsi makanan sehat sebuah tinjauan singkat = The Application of theory Wu Xing and Yin Yang on healthy food consumption a brief of review

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### Abstrak

[<b>ABSTRAK</b><br>

Teori Wu-xing dan Yin-Yang merupakan konsep keseimbangan alam semesta dalam masyarakat Cina. Kedua teori tersebut dapat diterapkan pada konsumsi makanan sehat. Kedua teori ini diterapkan dengan cara mengasosiasikan organ-organ dalam tubuh manusia dengan kandungan Yin dan Yang serta Wu-xing pada makanan. Mengonsumsi makanan yang sehat berdasarkan kandungan tersebut dapat menjaga keseimbangan dan kesehatan tubuh manusia.

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<b>ABSTRACT</b><br>

Wu-xing Theory and Yin-Yang are the balance concept of the universe in Chinese society. Both of these theories can be applied to the consumption of healthy foods. The theories are applied in a way to associate the organs of human body with the content of Yin and Yang and Wu-Xing on food. Eating a healthy diet based on these contents can maintain balance and health of the human body.;Wu-xing Theory and Yin-Yang are the balance concept of the universe in Chinese society. Both of these theories can be applied to the consumption of healthy foods. The theories are applied in a way to associate the organs of human body with the content of Yin and Yang and Wu-Xing on food. Eating a healthy diet based on these contents can maintain balance and health of the human body.;Wu-xing Theory and Yin-Yang are the balance concept of the universe in Chinese society. Both of these theories can be applied to the consumption of healthy foods. The theories are applied in a way to associate the organs of human body with the content of Yin and Yang and Wu-Xing on food. Eating a healthy diet based on these contents can maintain balance and health of the human body., Wu-xing Theory and Yin-Yang are the balance concept of the universe in Chinese society. Both of these theories can be applied to the consumption of healthy foods. The theories are applied in a way to associate the organs of human body with the content of Yin and Yang and Wu-Xing on food. Eating a healthy diet based on these contents can maintain balance and health of the human body.]