

# GIZI DAUR HIDUP: INTRODUCTION TO NUTRITION THROUGHOUT THE LIFE CYCLE

By

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# Apa itu Nutrition?

- Lusk (1931): *Nutrition may be defined as the sum of processes concerned in the growth, maintenance and repair of the living body as a whole or its constituents parts.*
- Mary Swartz (1935): *Nutrition deals with the science laws governing the requirement of human being for maintenance, growth, activity, reproduction and lactation.*
- Todhunter (1967): *Nutrition deals with: (a) the scientific laws governing the requirement of human being for maintenance, growth, activity, reproduction and lactation; (b) all that makes man a healthy, functioning, creative human being through well chosen diet.*

# Pentingnya Gizi Daur Hidup

- Kehidupan Manusia tergantung pada gizi
- Dimulai dari konsepsi s/d akhir manusia
- Gizi bagi manusia, untuk:
  - growth
  - Development
  - Long-term survival
- Status Gizi pada tahapan kehidupan sebelumnya sangat menentukan tahapan kehidupan sesudahnya

# life cycle nutritional needs:

- Fetal and maternal need
- Lactations
- Infancy
- Preschool years
- School age children
- Adolescence
- Adulthood
- Older adults

# Diet influences during the life cycle

- Childhood experiences
- Social situation
- Financial resources
- Advertising
- Daily routine
- Health concerns

