

Dkbm Gizi Terbaru

Provides science-based advice to promote health and to reduce risk for major chronic diseases through diet and physical activity. Oriented toward policymakers, nutrition educators, nutritionists, and healthcare providers. Summarizes and synthesizes knowledge regarding individual nutrients and food components into recommendations for a pattern of eating that can be adopted by the public. Key Recommendations are grouped under nine inter-related focus areas. Agriculture Dept. (U.S.) Publication: Home and Garden Bulletin No. 232 Health and Human Services Dept. (U.S.) Publication No. HHS-ODPHP-2005-01-DGA-A

His most recent book, "The Miracle of Fruits", is intended to enlighten the readers of all ages the benefits of including several servings of fruits in their daily diets. Furthermore, it explains the use of fruits as natural means to prevent and cure chronic diseases, such as Alzheimer's disease, anemia, arthritis, asthma, bowel movement, cancers, depression, diabetes, erectile dysfunction, heart diseases, indigestion, osteoporosis, premenstrual and postmenopausal symptoms, stroke, ulcer, vision disorders and weight control and how to boost immunity and derive quick source of energy.

"Discover the missing link to total health: lower the risk of high blood pressure and heart disease; treat diabetes and obesity; ease anxiety and depression; relieve headaches, including migraines; alleviate insomnia"--Cover.

With more than 1 million readers, bestselling UNDERSTANDING NUTRITION emphasizes strong science and nutrition basics, hands-on learning, and the most current coverage available. Packaged with the 2015 Dietary Guidelines, the 14th Edition includes new and updated topics in every chapter, quick-reference tables, expansive weight loss information, thorough coverage of fitness and energy systems, and much more. Readers quickly connect with the text's approachable writing style and carefully developed art program, and its emphasis on active learning includes a rich variety of ways to help you put what you learn into action. You will also be challenged to evaluate your own dietary choices and set healthy goals through activities in the Diet & Wellness Plus digital app. In addition, through the MindTap for Nutrition companion online program, you can create a customizable learning path to walk you step by step through the course.

The introduction of the Chorleywood Bread Process was a watershed in baking. It sparked changes in improver and ingredient technology, process and equipment design which have had a profound impact on baking processes and the structure of the industry. Written by two of the world's leading experts on the process, this important book explains its underlying principles and ways of maximising its potential in producing a wide range of baked products. After a brief review of the basic principles of bread making, the book outlines the development and fundamental characteristics of the Chorleywood Bread Process. The following group of chapters review the key steps in the process, beginning with

ingredient quality and quantities. Other chapters consider dough mixing and processing. Building on this foundation, the authors then review common quality defects and how they can be prevented or resolved. The book then considers how knowledge-based software systems can help to manage the process. The concluding chapters review the range of bakery products that can be produced using the process, how it can best be applied in different kinds of bakery and likely future developments. The Chorleywood Bread Process is a standard work for all bakers around the world wishing to maximise the potential of the process, and for scientists, technologists and students wanting a better understanding of the process and its place in commercial bread making. The first book to describe the Chorleywood Bread Process Reviews ingredient quality and quantities Considers how knowledge-based software systems can help manage the process

The classic guide of the post-Dr. Spock generation has been revised to include the latest information on virtually every aspect of infant and baby care. THE BABY BOOK is unrivaled in its scope and authority, and presents a practical, contemporary approach to parenting that reflects the way we live today. Focusing on the essential needs of babies--eating, sleeping, development, health, and comfort--it addresses the questions of greatest concern to parents. The Seares acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. THE BABY BOOK is a rich and invaluable resource that will help you get the most out of parenting--for your child, for yourself, and for your entire family.

This book is the first of a new series which will present the proceedings of the newly established Nestlé Nutrition Workshop Series: Clinical & Performance Programme aimed at adult nutrition. Undernutrition is a common phenomenon in elderly people, and malnutrition reaches significant levels in those being in hospital, nursing homes or home care programs. Consequences of malnutrition often go unrecognised owing to the lack of specific validated instruments to assess nutritional status in frail elderly persons. The Mini Nutritional Assessment (MNA) provides a single, rapid assessment of nutritional status in the elderly of different degrees of independence, allowing the prevalence of protein-energy malnutrition to be determined and to evaluate the efficacy of nutritional intervention and strategies. Easy, quick and economical to perform, it enables staff to check the nutritional status of elderly people when they enter hospitals or institutions and to monitor changes occurring during their stay. Moreover, the MNA is predictive of the cost of care and length of stay in hospital. This publication will be of immense assistance to heads of geriatric teaching units, teachers in nutrition, clinicians general practitioners and dieticians, enabling them to better detect, recognise and start treatment of malnutrition in the elderly.

Includes full contents of the paperback edition, plus lengthy appendixes

Labour Market Institutions and Productivity Labour Utilisation in Central and Eastern Europe Routledge

This guideline aims to help Member States and their partners in their efforts to make informed decisions on the appropriate nutrition actions to achieve the Sustainable Development Goals (SDGs) the global targets set in the Comprehensive implementation plan on maternal infant and young child nutrition and the Global Strategy for Women's and Children's and Adolescents' Health 2016-2030. The recommendations in this guideline are intended for a wide audience including policy-makers their expert advisers and technical and programme staff at organizations involved in the design implementation and scaling-up of anaemia prevention programmes and in nutrition actions for public health. Addressing both theoretical and practical issues in dairy technology, this work offers coverage of the basic knowledge and scientific advances in the production of milk and milk-based products. It examines energy supply and electricity refrigeration, water and waste-water treatment, cleaning and disinfection, hygiene, and occupational safety in dairies. Evidence based practice is now widely accepted as a fundamental tenet of midwifery. The importance of evidence in defining midwifery policy and practice in the UK health system, and others, is acknowledged and enduring. While the development and evaluation of research in midwifery is well charted, the question of how such evidence is incorporated into practice has, to date, received less attention and discussion in the midwifery profession. Answering this need, Evidence Based Midwifery focuses on the dissemination and use of evidence for midwifery practice, and explores midwives' experiences in using the evidence base to inform policy and enhance clinical practice. Written by a highly-regarded and diverse group from the UK and international midwifery community, Evidence Based Midwifery addresses issues of relevance to all midwives whether clinical practitioners or educators, students or supervisors, researchers or managers. Issues that influence evidence based midwifery are discussed, and topics covered include problem based learning, implementation of evidence based guidelines and the involvement of service users. Edited by founder members of the Evidence Based Midwifery Network International collaboration with contributions from the UK, Greece, Canada and the Netherlands Primary focus on the incorporation of evidence into midwifery practice Real-life examples throughout This book explains the role of formal labour market institutions in keeping the labour utilisation in Central and Eastern Europe above the level characteristic for Western European states. It provides an innovative and enriching take on labour utilisation at large and how various formal labour market institutions can affect the ongoing trend in labour utilisation in a way that is not covered by the extant literature. The impact of labour market institutions on labour market outcomes is analysed throughout 12 chapters, both from a cross-country perspective and in detailed case-studies, by 21 labour market experts from various CEE countries. Most chapters are based on empirical methods yet are presented in an easy-to-follow way in order to make the book also accessible for a non-scientific audience. The volume explores three key

questions: How can labour utilisation be increased by labour market institutions? Which CEE countries managed to create a labour market institutional framework beneficial for labour utilisation? How should the labour market institutions in CEE countries be reformed in order to increase labour utilisation? The book argues that the legacy of transition reforms and a centrally planned past is still relevant in explaining common patterns among CEE countries and concludes that increasing the stock of skills accumulated by the employed and improving utilisation of these skills seems to be the first-best solution to increase labour utilisation. The book will be of interest to post-graduate researchers and academics in the fields of labour economics, regional economics, and macroeconomics as well as scholars interested in adopting an institutional analysis approach. Additionally, due to the broader policy implications of the topic, the book will appeal to policymakers and experts interested in labour economics.

Ever wondered why bread rises? Or why dough needs to rest? From cakes and biscuits to flat breads and standard loaves, the diversity of products is remarkable and the chemistry behind these processes is equally fascinating. The Science of Bakery Products explains the science behind bread making and other baked goods. It looks at the chemistry of the ingredients, flour treatments, flour testing and baking machinery. Individual chapters focus on the science of breads, pastry, biscuits, wafers and cakes. The book concludes with a look at some experiments and methods and goes on to discuss some ideas for the future. The Science of Bakery Products is an interesting and easy to read book, aimed at anyone with an interest in everyday chemistry.

In resource poor, cost saving times, this book provides practical advice on new methods and technologies involved in systematic searching and explores the role of information professionals in delivering these changes. The editors bring together expert international practitioners and researchers to highlight the latest thinking on systematic searching. Beginning by looking at the methods and techniques underlying systematic searching, the book then examines the current challenges and the potential solutions to more effective searching in detail, before considering the role of the information specialist as an expert searcher. Systematic Searching blends theory and practice and takes into account different approaches to information retrieval with a special focus being given to searching for complex topics in a health-related environment. The book does not presume an in-depth prior knowledge or experience of systematic searching and includes case studies, practical examples and ideas for further research and reading. The book is divided into three parts: Methods covers theoretical approaches to evidence synthesis and the implications that these have for the search process, including searching for complex topics and choosing the right sources. Technology examines new technologies for retrieving evidence and how these are leading to new directions in information retrieval and evidence synthesis. People considers the future of the information specialist as an expert searcher and explores how information professionals can develop their skills in searching, communication and collaboration to ensure that information retrieval practice is, and remains, evidence-based. Systematic Searching will be essential reading for library and information service

providers and information specialists, particularly those in a health-related environment. It will also be of interest to students of library and information science, systematic reviewers, researchers and practitioners conducting complex searches in settings including social care, education and criminal justice.

Identifies different learning styles and offers strategies for increasing learning potential and improving memory skills

In print for more than 50 years, KRAUSE'S FOOD & NUTRITION THERAPY has been recognized internationally as the most authoritative text on nutrition. This new edition continues its tradition of providing the most comprehensive and up-to-date content available today. New chapters on medical nutrition therapy for psychiatric disease and developmental disorders spotlight the advances made in these areas. Extensive appendices, tables, illustrations, figures, and clinical insight boxes give practical hands-on procedures and clinical tools with the most current information, including brand-new guidelines on food intake and physical activity, and highlight the inclusion of the new food guide pyramid, MyPyramid, to use in everyday practice. Edited by two leading experts in nutrition, L. Kathleen Mahan and Sylvia Escott-Stump, and written by nationally recognized contributors to ensure that all information is comprehensive and current. Hundreds of full-color illustrations bring nutrition therapy to life and provide a realistic representation of clinical practice. UNIQUE! Pathophysiology algorithms present the cause, pathophysiology, and the medical nutrition management for a variety of disorders and conditions, helping you better understand the illness process and provide optimum nutritional care. Clinical Insight, New Directions, and Focus On... boxes provide additional information and suggest further discussion, study, or research. Clinical Scenarios offer case studies that help you apply what you've learned to real-world situations. Relevant websites direct you to online resources for further information on specific chapter topics. Key Terms are defined at the beginning of each chapter and highlighted within the text to help you focus your study and test your mastery of the information. Evolve Student Resource contains WebLinks and more than 1,000 self-assessment study questions that provide instant feedback. "Medical Nutrition Therapy for Psychiatric Conditions" chapter explores recent research into the links between nutrition and mental disorders such as Alzheimer's disease, anxiety disorder, bipolar disorder, dementia, depression, and schizophrenia. "Medical Nutrition Therapy for Developmental Disabilities" chapter looks at the unique nutritional needs of individuals with ADHD, Downs syndrome, cerebral palsy, and muscular dystrophy and the role medical nutrition therapy plays in providing effective care. Information on energy, macronutrients, vitamins, and minerals is now summarized in easy-to-read, "need-to-know" tables and bulleted lists, providing a quick review of basic nutrition. Updated information on the Dietary Guidelines for Americans 2005 and MyPyramid presents information on the newest recommendations for nutrients and physical activity throughout the text, while integrating the customizable MyPyramid into plans of care. Sample "Nutrition Diagnosis" boxes in each chapter present a problem, its etiology, and its signs and symptoms before concluding with a sample nutrition diagnosis, providing you with real-life scenarios you may encounter in practice. Nutritional Facts in the appendices put the content of the chapter into a practical and convenient format that students and dietetics professionals can use in their education of the client on necessary nutritional care. Updated content is provided on the new Dietary Reference Intakes, the 2000 Dietary Guidelines and Healthy

People 2010. New information is included on type 2 diabetes and prediabetes. The newest guidelines released by the National Institute of Health to assist with implementing the DASH diet for effective management of hypertension. The latest information is presented on dietary supplementation and integrative care, with cutting-edge evidence of how the nursing care process is changing to provide better care.

This is a comprehensive text on the methods - dietary, anthropometric, laboratory and clinical - of assessing the nutritional status of populations and of individuals in the hospital or the community. This Second Edition incorporates recent data from national nutritional surveys in the US and Europe; the flood of new information about iron, vitamin A and iodine; the role of folate in preventing neural tube defects; the use of HPLC techniques and enzyme assays; improvements in data handling; and many other developments. A paperback edition of this book is available to readers living outside of North America and Europe. Interested parties should contact the author at: rsgibson@nutrition.earthlight.co.nz <http://nutrition.earthlight.co.nz>

Taking a fresh approach to information on baked products, this exciting new book from industry consultants Cauvain and Young looks beyond the received notions of how foods from the bakery are categorised to explore the underlying themes which link the products in this commercially important area of the food industry. First establishing an understanding of the key characteristics which unite existing baked product groups, the authors move on to discuss product development and optimisation, providing the reader with coverage of: Key functional roles of the main bakery ingredients Ingredients and their influences Heat transfer and product interactions Opportunities for future product development Baked Products is a valuable practical resource for all food scientists and food technologists within bakery companies, ingredient suppliers and general food companies. Libraries in universities and research establishments where food science and technology is studied and taught will find the book an important addition to their shelves.

Production and utilization. Structure and gross composition of the rice grain. Chemical constituents. Nutritive value of rice and rice diets. Processing. Grain quality evaluation. Varietal quality types. Processed products. Bran. Hull and straw.

The book focuses on Indonesia's most pressing labor market challenges and associated policy options to achieve higher and more inclusive economic growth. The challenges consist of creating jobs for and the skills in a youthful and increasingly better educated workforce, and raising the productivity of less-educated workers to meet the demands of the digital age. The book deals with a range of interrelated topics---the changing supply and demand for labor in relation to the shift of workers out of agriculture; urbanization and the growth of megacities; raising the quality of schooling for new jobs in the digital economy; and labor market policies to improve both labor standards and productivity.

Widely regarded as a standard work in its field, this book introduces the range of processing techniques that are used in food manufacturing. It explains the principles of each process, the processing equipment used, operating conditions and the effects of processing on micro-organisms that contaminate foods, the biochemical properties of foods and their sensory and nutritional qualities. The book begins with an overview of important basic concepts. It describes unit operations that take place at ambient

temperature or involve minimum heating of foods. Subsequent chapters examine operations that heat foods to preserve them or alter their eating quality, and explore operations that remove heat from foods to extend their shelf life with minimal changes in nutritional quality or sensory characteristics. Finally, the book reviews post-processing operations, including packaging and distribution logistics. The third edition has been substantially rewritten, updated and extended to include the many developments in food technology that have taken place since the second edition was published in 2000. Nearly all unit operations have undergone significant developments, and these are reflected in the large amount of additional material in each chapter. In particular, advances in microprocessor control of equipment, 'minimal' processing technologies, genetic modification of foods, functional foods, developments in 'active' or 'intelligent' packaging, and storage and distribution logistics are described. Developments in technologies that relate to cost savings, environmental improvement or enhanced product quality are highlighted. Additionally, sections in each chapter on the impact of processing on food-borne micro-organisms are included for the first time.

During the last decade the food and nutrition situation in developing countries has changed dramatically. For better or worse, urbanization and globalization have altered the diet and nutrition in both rural and urban areas. In many developing countries a persistent level of under nutrition exists both in rural areas and in urban slums due to less access to food needed for an active and healthy life. On the other hand, over-nutrition, or eating too much, has emerged among the middle-income groups. It is essential to have a better understanding of how people deal with their food in developing countries, in order to plan and implement food and nutrition programmes. This manual deals with the process of changing food habits and consumption patterns in developing countries. Nutritional implications, together with practical information is discussed in relationship to conducting field surveys. Part one of the manual provides insight into the dynamics of food habits and consumption and its socio-economic and cultural dimensions. Part two gives practical information on small scale surveys to be carried out within the framework of a nutrition issue; including data collecting on food habits and the measurement of food intake. This manual addresses professionals with practical or academic training and those who are involved in various types of food and nutrition programmes or related activities. It can also be used as a handbook in food and nutrition training courses at higher and at academic level.

Since the publication of earlier editions, there has been The new edition has a number of new contributors, a considerable increase in research activity in a number who have written on the nervous system, sense organs, of areas, with each succeeding edition including new muscle, endocrines, reproduction, digestion and immu chapters and an expansion of knowledge in older chap nophysiology. Contributors from previous editions ters. have expanded their offerings considerably. The fourth edition contains two new chapters, on The authors are indebted to various investigators, muscle and immunophysiology, the latter an area journals and books for the many illustrations used. Indi where research on Aves has contributed significantly vidual acknowledgement is made in the legends and to our general knowledge of the subject. references. Preface to the 'Third Edition Since the publication of the first and second editions, pathways of birds and mammals. New contributors in there has been a considerable increase of research activ clude M. R. Fedde and T. B. Bolton, who have com ity in avian physiology in a number of

areas, including completely revised and expanded the chapters on respiratory endocrinology and reproduction, heart and circulation, and the nervous system, respectively, and J. G. respiration, temperature regulation, and to a lesser extent Rogers, Jr., W. J. Mueller, H. Opel, and D. E. Meyer, who have made contributions to Chapters 2, 16, 17, and 19, respectively. There appeared in 1972-1974 a four volume treatise and 19, respectively.

Fish Nutrition aims to present the state of knowledge of basic and applied nutritional requirements of fishes. Most of the information found in this book involves salmonids, their nutrition, and metabolism of nutrients. This is in view of the fact that more research has been done and completed with this fish. Although applied fish nutrition is a very broad field, this book focuses on some of its aspects. These include the classes of nutrients and requirements for several types of fishes. This book comprises of 11 chapters. The first few chapters deal with the general nutrient requirements of fishes. Then, other chapters discuss caloric and energy as well as micro- and macronutrient needs and requirements. The following chapters deal with the non-nutrient components of the diet, or those that influence the characteristics of food products including texture, odor, flavor, and color. Other topics covered are enzymes and systems of intermediary metabolism (Chapter 6); feed formulation and evaluation (Chapter 7); and salmonid husbandry techniques (Chapter 9). Nutritional fish diseases are also discussed in this book. Some of these diseases include thyroid tumor, gill disease, anemia, lipid liver degeneration, and visceral granuloma. In Chapter 11, the relationship of nutrition and pathology is given emphasis. This chapter also tackles the diet and general fish husbandry. This topic is very important, because an adequate diet for fish husbandry is the foundation of fish farming.

A Medical Game Changer! The painstaking work of digging through every nugget of recent medical research on magnesium revealed a grand picture that even the medical visionary Thomas Levy didn't anticipate. The bottom line is that magnesium is the natural antidote for the root cause of all pathological damage from every disease and poisoning known to man. As grandiose as that claim may sound, the proof's inside! Yes, all the good things you've heard about magnesium are true... but there's so much more! Discover not only the what, but the why and how in this definitive work on magnesium. If you're a layperson, it will change the way you address your personal health needs. And, if you're a health practitioner, it will give you tools to effectively treat everything from Alzheimer's to the Zika virus. Magnesium: Reversing Disease contains enough documentation to pass medical muster for the hardcore researcher and yet clear enough that any interested student can appreciate the concepts and applications. The popularity of the 1973 fifth edition of *The Technology of Cake Making* has continued in many of the English-speaking countries throughout the world. This sixth edition has been comprehensively revised and brought up to date with new chapters on Cream, butter and milkfat products, Lactose, Yeast aeration, Emulsions and emulsifiers, Water activity and Reduced sugar Eggs and egg products, Baking fats, and lower fat goods. The chapters on Sugars, Chemical aeration, Nuts in confectionery, Chocolate, Pastries, Nutritional value and Packaging have been completely rewritten. The increased need for the continuous development of new products does not of necessity mean that new technology has to be constantly introduced. Many of the good old favourites may continue to be produced for many years and they form suitable 'bench marks' for new product development. The sixth edition

introduces the use of relative density to replace specific volume as a measure of the amount of aeration in a cake batter (the use of relative density is in line with international agreement). Specific volume is kept as a measurement of baked product volume since the industry is comfortable with the concept that, subject to an upper limit, an increase in specific volume coincides with improvement in cake quality.

Provides step-by-step instructions for professional baking techniques; covers baking principles, equipment, and ingredients; and includes more than nine hundred recipes as well as tips on baking for special diets.

High Risk Pregnancy examines the full range of challenges in general obstetrics, medical complications of pregnancy, prenatal diagnosis, fetal disease, and management of labor and delivery. Drs. David James, Philip J. Steer, Carl P. Weiner, Bernard Gonik, Caroline Crowther, and Stephen Robson present an evidence-based approach to the available management options, equipping you with the most appropriate strategy for each patient. This comprehensive reference features the fully searchable text online at www.expertconsult.com, as well as more than 100 videos of imaging and monitoring. giving you easy access to the resources you need to manage high risk pregnancies. Prepare for clinical challenges and save time in addressing them thanks to expert advice on treatment options from international contributors. Find and apply the information you need quickly and easily through a consistent organization and at-a-glance summary boxes that discuss evidence-based management options. Access the fully searchable text online at www.expertconsult.com, along with links to Medline. View over 140 videos of detailed fetal imaging and monitoring that aid in diagnoses. Tap into recent developments in treatment and management in four new chapters—Global Maternal & Perinatal Health Issues; Recurrent Pregnancy Loss; Surveillance of the Fetus and its Indications; and Training for Obstetric Emergencies. Apply new evidence-based management options to treat genetic and constitutional factors leading to a high-risk pregnancy (such as diabetes, obesity, hypertension, and cardiac disease) through new and expanded coverage of these increasingly common presentations. Reference pregnancy-relevant laboratory values with an updated and comprehensive appendix on "Normal Values in Pregnancy." Effectively manage patients newly diagnosed with hematologic and immunologic malignancies, and explore the available drug options. Confirm your diagnoses with greater confidence thanks to full-color images throughout the text.

A panel of clinicians, researchers, and leaders in the field review and discuss the latest findings on the pathophysiology, diagnosis, and management of cardiovascular disease in the older patient. The authors explain the physiological changes associated with the normal aging process that may lead to the development of disease, to adverse consequences once disease develops, and which alter the risk-benefit equation for medical and other interventions designed to diagnose, assess, and treat cardiovascular disease. The focus is on particularly common syndromes in the

elderly, including cardiac failure with normal ejection fraction, isolated systolic hypertension, and atrial fibrillation. Wherever possible, the authors take an evidence-based approach to recommendations and rely heavily on prospective clinical trials.

The authors in this volume address the questions 'What is empowerment?' Is it power over resources? Is it the ability to create 'effective demand'? Is it about the ability to make choices? Is it about access to resources and how they are controlled, politically, economically, by NGOs, by political parties, by the state? Do political parties facilitate or do they channel energies away from empowerment? They evaluate how in different circumstances different political agents have been seen as provider of resources.

Obesity has become the most common chronic disease of the present day, with significant increases in prevalence in populations across the world and all age groups. This has resulted in a dramatic increase in obesity-related metabolic and cardiovascular complications, making it an important public health issue. Type 2 diabetes associated with obesity or 'diabesity' is today the most common form of type 2 diabetes. It is also associated with a number of other cardiovascular risk factors, which constitute the metabolic syndrome. Effective management of 'diabesity' is crucial to the reduction of morbidity and premature mortality due to cardiovascular disease. This book comprises chapters written by leading international experts on various aspects of obesity-related diabetes. As a practical reference guide, it is suitable for all professionals with an interest in this field. Emerging problems such as childhood 'diabesity' and the impact of obesity on polycystic ovary syndrome will be of interest not only to paediatricians and endocrinologists, but also to general practitioners and other healthcare professionals. The contemporary approach to the clinical assessment of obesity and its management in both primary and secondary care settings is also described.

This textbook has been designed for students taking vocational courses in Hospitality Studies in years 11 and 12 at secondary colleges or introductory courses at TAFE level. The previous edition of this book was entitled "An Introduction to Catering".

Sport Nutrition, Third Edition, uses a physiological basis to provide an in-depth look at the science supporting nutrition recommendations. Students will come away with an understanding of nutrition as it relates to sport and the influence of nutrition on performance, training, and recovery.

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