

Kampanye Gizi Protein Hewani dalam Rangka Hari Pangan Sedunia Ke-40

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PINSAR INDONESIA

POULTRY INDONESIA

Indonesia Livestock Club

Menghasilkan Pangan Protein Hewani yang Aman, Halal, dan Bergizi

12 EDISI

17 OKT 2020 | 09.00-11.30 WIB | LIVE (100+) Zoom Streaming

<p>NARASUMBER:</p>  <p>Dra. Rita Endang, Apt., M.Kes. Deputi Bidang Pengawasan Pangan Olahan, BPOM RI</p> <p><i>"Regulasi Seputar Produk Pangan Risiko Sedang pada Produk Hasil Ternak"</i></p>	<p>NARASUMBER:</p>  <p>Prof. Dr. Ir. Hardinsyah, MS Ketua Umum PERGIZI PANGAN Indonesia</p> <p><i>"Strategi Menjaga Manfaat dan Nilai Gizi Produk Pangan Hasil Ternak"</i></p>	<p>NARASUMBER:</p>  <p>Ir. H. Eddy Wahyudin, MBA Wakil Ketua Umum PINSAR Indonesia</p> <p><i>"Kiat Peternak dalam Menghasilkan Produk Hasil Ternak yang Aman, Halal, dan Bergizi"</i></p>	<p>NARASUMBER:</p>  <p>Drh. Agus Prastowo Technical Manager PT Elanco Animal Health Indonesia</p> <p><i>"Pengendalian Salmomella Sejak dari Budidaya untuk Hasilkan Produk Unggas yang aman dan Sehat"</i></p>
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REGISTRASI
www.agropustaka.id/proteinheواني2

TEMPAT TERBATAS

Kontak Panitia: **Alya** 0881 0256 96777 | alya@agropustaka.id
Diana 0857 54826957 | promo.poultryindo@gmail.com

Media Partner: **Agropustaka.id** | livestockreview.com

agropustaka | www.poultryindonesia.com | Indonesia Livestock Alliance | [poultryindonesia](https://poultryindonesia.com) | [bppi indonesia](https://bppi-indonesia.com)

Gizi Seimbang untuk Kehidupan Berkelanjutan

WORLD FOOD DAY

16 October 2020

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Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
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STRATEGI OPTIMALKAN MANFAAT GIZI TELUR, DAGING DAN SUSU

Indonesian Livestock Club (ILC) Webinar
Sabtu, 17 Oktober 2020, Pukul 9.00-11.30



Prof Dr Hardinsyah MS
Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
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STRATEGI OPTIMALKAN MANFAAT GIZI TELUR, DAGING DAN SUSU

OUTLINE:

1. Masalah Gizi Bangsa
2. Manfaat Pangan Hewani
3. Mengoptimalkan Manfaat Gizi Telur
4. Mengoptimalkan Manfaat Gizi Daging
5. Mengoptimalkan Manfaat Gizi Susu
6. Kesimpulan



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1. MASALAH GIZI BANGSA

Indonesia salah satu negara dengan masalah kekurangan gizi yang masih tinggi

1. Anemia pada ibu hamil 48.9%
2. Stunting pada anak balita 30.8%
3. Stunting pada bayi lahir 22.6 %



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Obesitas (Usia 18+ tahun)



Gemuk & Obesitas (Usia 18+ tahun)



Obes Sentral (Usia 18+ tahun)



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2. MANFAAT PANGAN HEWANI

Mengonsumsi pangan hewani (Telur, ikan, daging dan susu) mencegah stunting dan anemia

Sample:	(1) 6–23 Month Children	(2) 6–11 Month Children	(3) 12–17 Month Children	(4) 18–23 Month Children
<i>Any ASF</i>	-0.023*** (0.003)	-0.016*** (0.005)	-0.011** (0.006)	-0.040*** (0.006)
<i>Grains/roots/tubers</i>	-0.015*** (0.004)	-0.023*** (0.006)	-0.001 (0.008)	-0.013 (0.009)
<i>Legumes/nuts</i>	-0.006** (0.003)	-0.007 (0.005)	-0.006 (0.005)	-0.003 (0.006)
<i>Any fruit</i>	-0.019*** (0.003)	-0.015*** (0.005)	-0.014*** (0.005)	-0.018*** (0.005)
<i>Any vegetables</i>	0.003 (0.003)	-0.006 (0.005)	-0.001 (0.005)	0.004 (0.005)



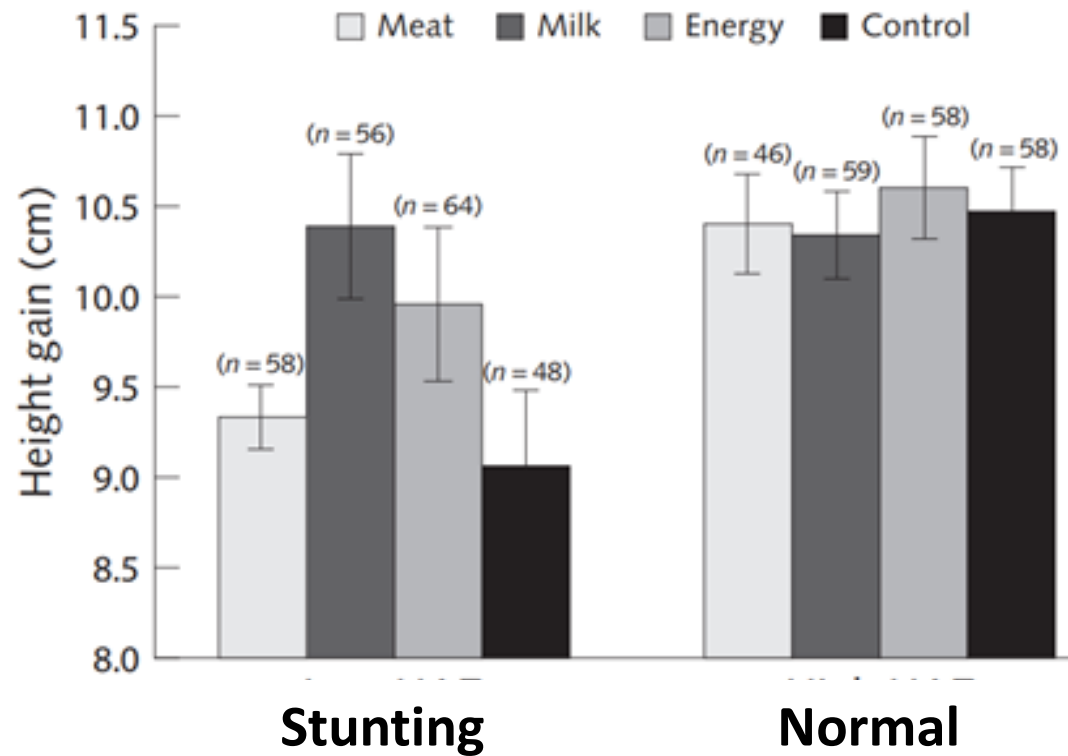
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Pangan Hasil Ternak perlu dimakan beragam – saling melengkapi

Nutrient	Meat	Milk	Eggs
Heme iron	+++	0	0
Total iron	+++	+	+
Zinc	+++	+	+
Vitamin A	+	++	+++
Riboflavin	++	+++	++
Vitamin B ₁₂	+++	++	++
Folate	+	+++	+
Calcium	0	+++	0

Allen L 2013

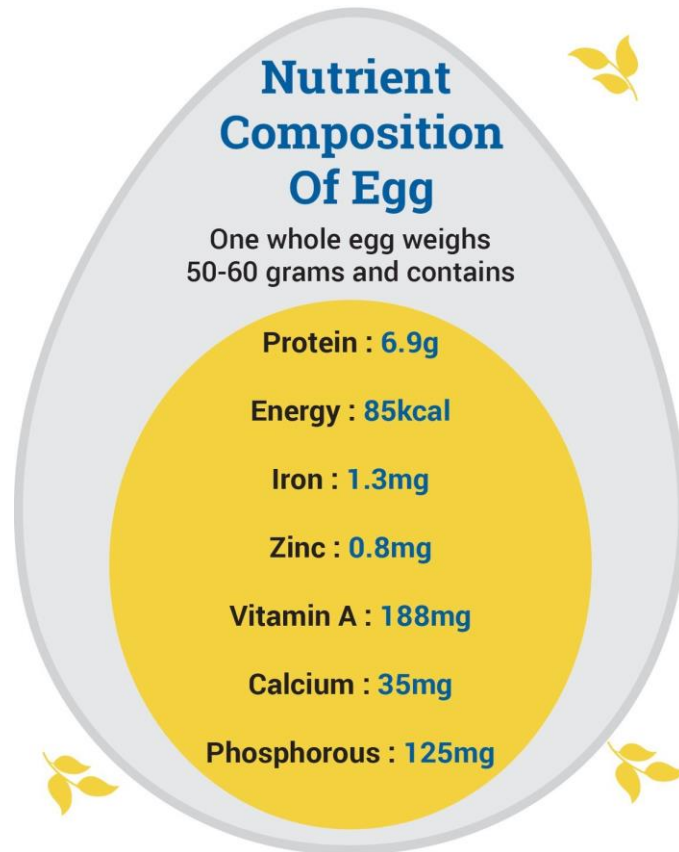


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3.

MENGOPTIMALKAN MANFAAT GIZI TELUR



Yolk

Fat	4.5g
Sat.Fat	1.6g
Cholesterol	184mg
Carbohydrates	0,5g
Protein	2,5g

White

Fat	0g
Sat.Fat	0g
Cholesterol	0mg
Carbohydrates	0g
Protein	4g



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The findings supported our hypothesis that early introduction of eggs significantly improved growth in young children. Generally accessible to vulnerable groups, eggs have the potential to contribute to global targets to reduce stunting

Eggs in Early Complementary Feeding and Child Growth: A Randomized Controlled Trial

Lora L. Iannotti, PhD,^a Chessa K. Lutter, PhD,^b Christine P. Stewart, PhD,^c Carlos Andres Gallegos Riofrío, MA,^d Carla Malo, BS,^d Gregory Reinhart, PhD,^e Ana Palacios, MD, MA,^e Celia Karp, BS,^d Melissa Chapnick, RD, MS, MPH,^a Katherine Cox, BA,^a William F. Waters, PhD^d

Downloaded from <http://pediatrics.aappublications.org/> by guest on January 9, 2018



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RESEARCH

Open Access

Chicken eggs, childhood stunting and environmental hygiene: an ethnographic study from the *Campylobacter* genomics and environmental enteric dysfunction (CAGED) project in Ethiopia



Kevin Louis Bardosh^{1,2*}, Jeylan Wolyie Hussein^{3†}, Elias Ahmed Sadik³, Jemal Yousuf Hassen⁴, Mengistu Ketema⁵, Abdulmuen Mohammed Ibrahim⁴, Sarah Lindley McKune⁶ and Arie Hendrik Havelaar⁷



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A non-statistically significant was observed in the meta-analysis of 7 studies of egg consumption and CHD. No clear dose–response trends were apparent in the stratified intake meta-analyses or the meta regression analyses. Based on the results of this meta-analysis, consumption of up to one egg daily may contribute to a decreased risk of total stroke, and daily egg intake does not appear to be associated with risk of CHD

Review

Meta-analysis of Egg Consumption and Risk of Coronary Heart Disease and Stroke

Dominik D. Alexander, PhD, MSPH, Paula E. Miller, MPH, Ashley J. Vargas, PhD, MPH, RDN, Douglas L. Weed, MD, PhD, Sarah S. Cohen, PhD

EpidStat Institute, Ann Arbor, Michigan (D.D.A., P.E.M., A.J.V., S.S.C.); Seattle, Washington (D.D.A.); DLW Consulting Services, Salt Lake City, Utah (D.L.W.)



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Egg consumption and risk of cardiovascular disease: three large prospective US cohort studies, systematic review, and updated meta-analysis

Jean-Philippe Drouin-Chartier,¹ Siyu Chen,¹ Yanping Li,¹ Amanda L Schwab,¹ Meir J Stampfer,^{1,2,3} Frank M Sacks,^{1,3} Bernard Rosner,^{1,3,4} Walter C Willett,^{1,2,3} Frank B Hu,^{1,2,3} Shilpa N Bhupathiraju^{1,3}



Results from the three cohorts and from the updated meta-analysis show that moderate egg consumption (up to one egg per day) is not associated with cardiovascular disease risk overall, and is associated with potentially lower cardiovascular disease risk in Asian populations.



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Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
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4. MENGOPTIMALKAN MANFAAT GIZI DAGING

Home > Circulation > Vol. 139, No. 15 > Meta-Analysis of Randomized Controlled Trials of Red Meat Consumption in Comparison With Various Comparison Diets o...

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REVIEW ARTICLE

 PDF/E PUB

Meta-Analysis of Randomized Controlled Trials of Red Meat Consumption in Comparison With Various Comparison Diets on Cardiovascular Risk Factors

Marta Guasch-Ferré , Ambika Satija, Stacy A. Blondin, Marie Janiszewski, Ester Emlen, Lauren E. O'Connor, Wayne W. Campbell, Frank B. Hu, Walter C. Willett, Meir J. Stampfer

Originally published 8 Apr 2019 | <https://doi.org/10.1161/CIRCULATIONAHA.118.035225> | Circulation. 2019;139:1828–1845

 Tools  Share

Conclusions:

Inconsistencies regarding the effects of red meat on cardiovascular disease risk factors are attributable, in part, to the composition of the comparison diet. Substituting red meat with high-quality plant protein sources, but not with fish or low-quality carbohydrates, leads to more favorable changes in blood lipids and lipoproteins.



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Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
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Makan daging (merah/ putih) lebih bermanfaat bila:

1. Dikonsumsi yang rendah lemak jenuh
2. Dikonsumsi dengan PUFA/MUFA
3. Dikonsumsi beragam dengan lauk nabati

Effects of red meat, white meat, and nonmeat protein sources on atherogenic lipoprotein measures in the context of low compared with high saturated fat intake: a randomized controlled trial

FREE

Nathalie Bergeron, Sally Chiu, Paul T Williams, Sarah M King, Ronald M Krauss ✉

The American Journal of Clinical Nutrition, Volume 110, Issue 1, July 2019, Pages 24–33,
<https://doi.org/10.1093/ajcn/nqz035>

Published: 04 June 2019 **Article history** ▼



Prof Dr Hardinsyah MS
Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
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Red and processed meat consumption and gastric cancer risk: a systematic review and meta-analysis

Zhanwei Zhao¹, Zifang Yin², Qingchuan Zhao¹



The present analysis suggested null results between red and processed meat consumption and gastric cancer risk in cohort studies, although case-control studies yielded positive associations. Further well-designed prospective studies are needed to validate these findings.

Effect of Red, Processed, and White Meat Consumption on the Risk of Gastric Cancer: An Overall and Dose-Response Meta-Analysis

[Seong Rae Kim](#),¹ [Kyuwoong Kim](#),² [Sang Ah Lee](#),³ [Sung Ok Kwon](#),³ [Jong-Koo Lee](#),⁴ [NaNa Keum](#),^{5,6} and [Sang Min Park](#)^{2,7,*}



The increase of white meat consumption may reduce the risk of gastric cancer, while red or processed meat may increase the risk of gastric cancer. Further studies are required to identify these associations, especially between white meat and gastric cancer.



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Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
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- ❑ Our findings indicate that high consumption of red meat, especially processed red meat, will increase the risk of stroke.
- ❑ A significant risk for total stroke could be observed when the consumption of total red meat was above 50 g/ day, processed red meat was just above 0 g/day, and fresh red meat was above 70 g/day.

**Red Meat Consumption and the Risk of Stroke:
A Dose–Response Meta-analysis of Prospective Cohort Studies**

Cuili Yang, MS,* Lei Pan, MS,† Chengcao Sun, PhD,* Yongyong Xi, MS,*
Liang Wang, MS,* and Dejie Li, PhD*

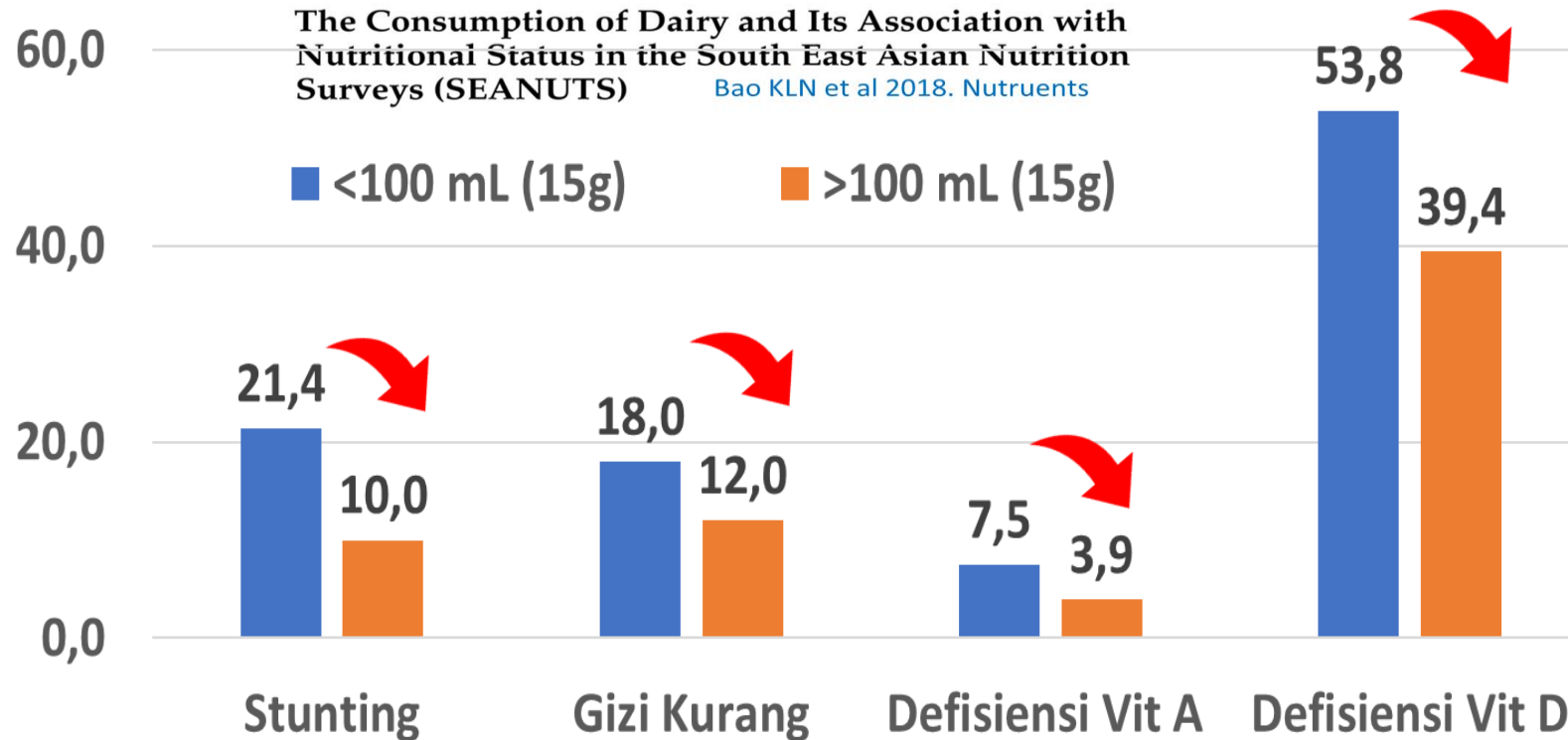


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5.

MENGOPTIMALKAN MANFAAT GIZI SUSU



Prof Dr Hardinsyah MS
Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
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Apakah Ada Manfaat Minum Susu Menurunkan Risiko SM?

SM = **Obesitas sentral (lingkar pinggang*)** Plus 2 faktor berikut:

Raised triglycerides	≥ 150 mg/dL (1.7 mmol/L) or specific treatment for this lipid abnormality
Reduced HDL cholesterol	< 40 mg/dL (1.03 mmol/L) in males < 50 mg/dL (1.29 mmol/L) in females or specific treatment for this lipid abnormality
Raised blood pressure	systolic BP ≥ 130 or diastolic BP ≥ 85 mm Hg or treatment of previously diagnosed hypertension
Raised fasting plasma glucose	(FPG) ≥ 100 mg/dL (5.6 mmol/L), or previously diagnosed type 2 diabetes If above 5.6 mmol/L or 100 mg/dL, OGTT is strongly recommended but is not necessary to define presence of the syndrome.

** If BMI is >30 kg/m², central obesity can be assumed and waist circumference does not need to be measured.*



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KESIMPULAN:

Konsumsi susu menurunkan risiko SM

Minum 1-2 gls menurunkan risiko 12 %

Tidak berbeda antar wilayah dan peubah potensi pengganggu

DIABETICMedicine

DOI: 10.1111/dme.12970

Systematic Review or Meta-analysis Dairy consumption and risk of metabolic syndrome: a meta-analysis

Kim Y & Je Y. Diabet. Med. 33, 428–440 (2016)

Y. Kim and Y. Je

Department of Food and Nutrition, Kyung Hee University, Seoul, South Korea

- 9 PC studies (35 379 subjects & 7322 incident cases MS) & 12 CS studies (37 706 subjects)
- Dikontrol : Jenis susu, Durasi, Energi, IMT, AF, Alkohol, Merokok, Region



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OPEN

Dairy products consumption and metabolic syndrome in adults: systematic review and meta-analysis of observational studies

Received: 07 April 2015

Accepted: 02 September 2015

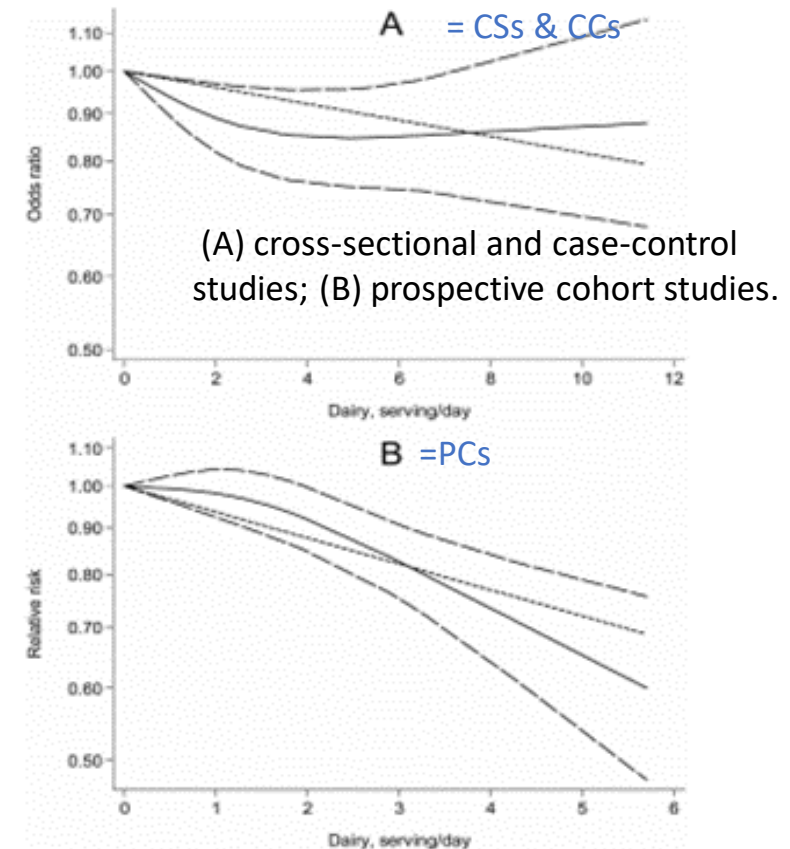
Published: 29 September 2015

Guo-Chong Chen¹, Ignatius M. Y. Szeto², Li-Hua Chen¹, Shu-Fen Han¹, Yan-Jie Li², Rina van Hekezen³ & Li-Qiang Qin¹

Scientific Reports Nature, 2015;5:14606

KESIMPULAN:

1. Konsumsi susu 1-3 gls sehari menurunkan risiko
2. Tidak berbeda antara pria dan wanita



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Dairy Product Consumption in the Prevention of Metabolic Syndrome: A Systematic Review and Meta-Analysis of Prospective Cohort Studies

Guillermo Mena-Sánchez,^{1,2} Nerea Becerra-Tomás,^{1,2} Nancy Babio,^{1,2} and Jordi Salas-Salvadó^{1,2}

¹ Universitat Rovira i Virgili, Departament de Bioquímica i Biotecnologia, Unitat de Nutrició Humana, Institut d'Investigació Sanitària Pere Virgili, Hospital Universitari Sant Joan de Reus, Reus, Spain; and ² CIBER de Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Instituto de Salud Carlos III, Madrid, Spain

Konsumsi total produk susu (dairy) menurunkan risiko SM,
RR 0.73 (0.64-0.83)



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Bisa digunakan untuk meningkatkan 100% belanja telur dan susu serta sayur**

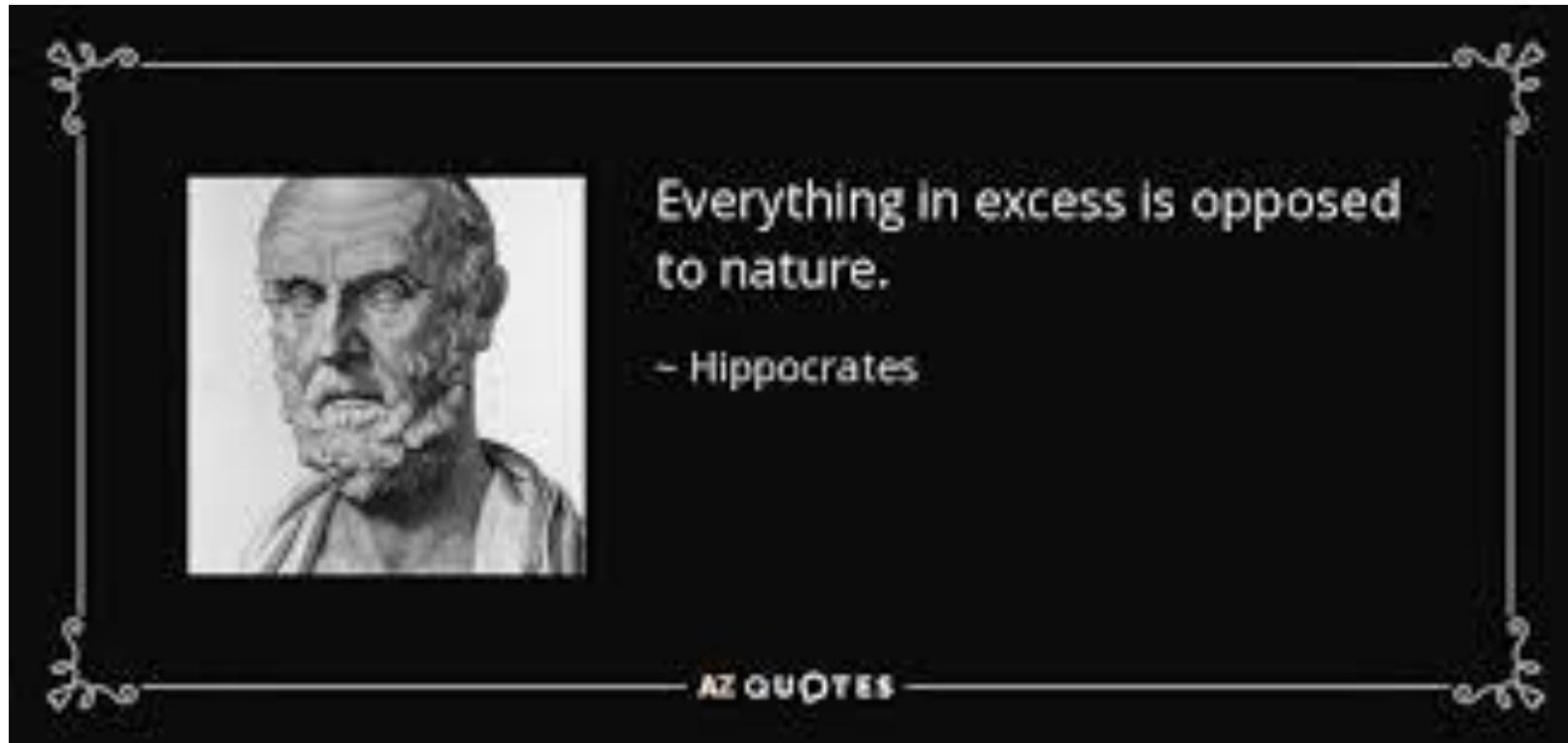
INDONESIA

Kelompok Komoditas <i>Commodity Group</i>	Perkotaan <i>Urban</i>	Perdesaan <i>Rural</i>	Perkotaan+Perdesaan <i>Urban+Rural</i>
(1)	(2)	(3)	(4)
Makanan/Food			
Padi-padian/Cereals	59 961	71 380	64 995
Umbi-umbian/Tubers	5 634	7 460	6 439
Ikan/udang/cumi/kerang <i>Fish/shrimp/common squid/shells</i>	47 551	42 365	45 264
Daging/Meat	33 347	20 526	27 694
Telur dan susu/Eggs and milk	40 865	24 483	33 643
Sayur-sayuran/Vegetables	44 021	42 669	43 425
Kacang-kacangan/Legumes	12 323	10 431	11 489
Buah-buahan/Fruits	31 451	20 021	26 412
Minyak dan kelapa/Oil and coconut	13 274	13 829	13 519
Bahan minuman/Beverages stuffs	16 659	17 582	17 066
Bumbu-bumbuan/Spices	11 648	10 776	11 263
Konsumsi lainnya <i>Miscellaneous Type Of Food Commodity</i>	10 528	9 094	9 896
Makanan dan minuman jadi/ <i>Prepared food and beverages</i>	264 362	147 710	212 933
Rokok/Cigarettes	68 667	70 358	69 413
Jumlah makanan/Total food	660 289	508 685	593 450



Prof Dr Hardinsyah MS
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Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
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4. KESIMPULAN

1. Sifat pangan Aman dan Halal seyogyanya sbg prasyarat untuk memperoleh makanan yang bergizi dan sehat
2. Pangan hasil ternak (telur, daging dan susu) merupakan salah satu karunia Tuhan YME untuk dikonsumsi
3. Beyond aman dan halal, strategi mengoptimalkan manfaat telur, daging dan susu perlu memperhatikan 5-J (Jenis, Jumlah, Jadwal/waktu, Jurus mengolah dan Jurus mengonsumsi)
4. Konsumsi jenis pangan apapun bila kekurangan atau berlebihan tidak baik bagi Kesehatan



Prof Dr Hardinsyah MS
Divisi Gizi Terapan, Dep Gizi Masyarakat, FEMA IPB University.
Ketua Umum PERGIZI PANGAN Indonesia & President, Federation Asian Nutrition Societies





Terima kasih



Hadinsyah 08129192259



Hardinlpb



Hardinsyah Hardinsyah



Hardin_IPB



Hardinsyah2010@gmail.com