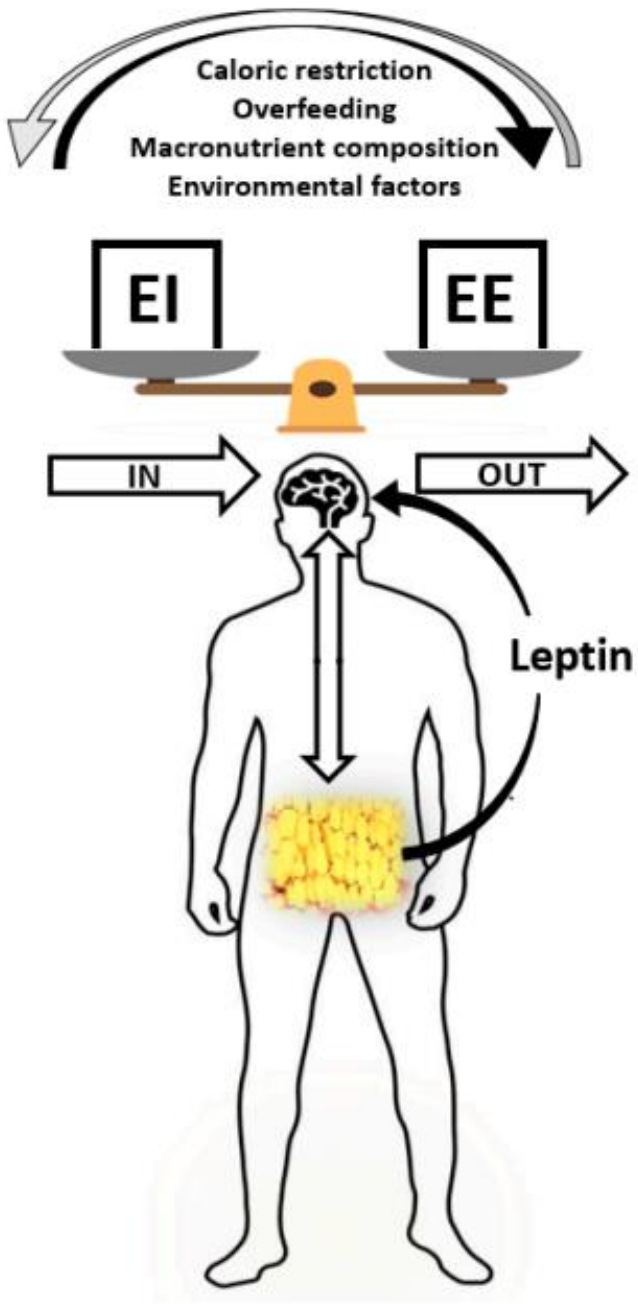


Aging and Nutritional Status

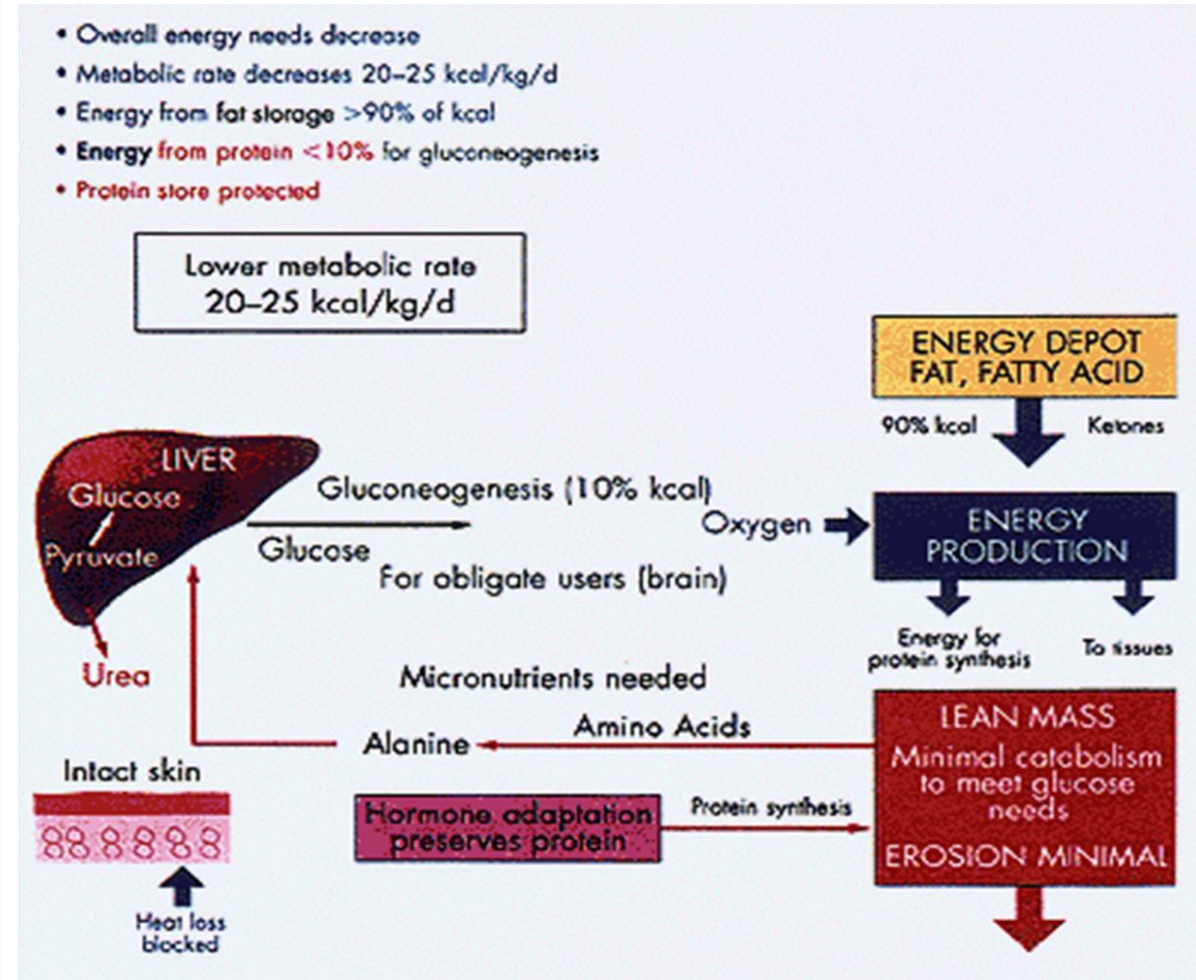
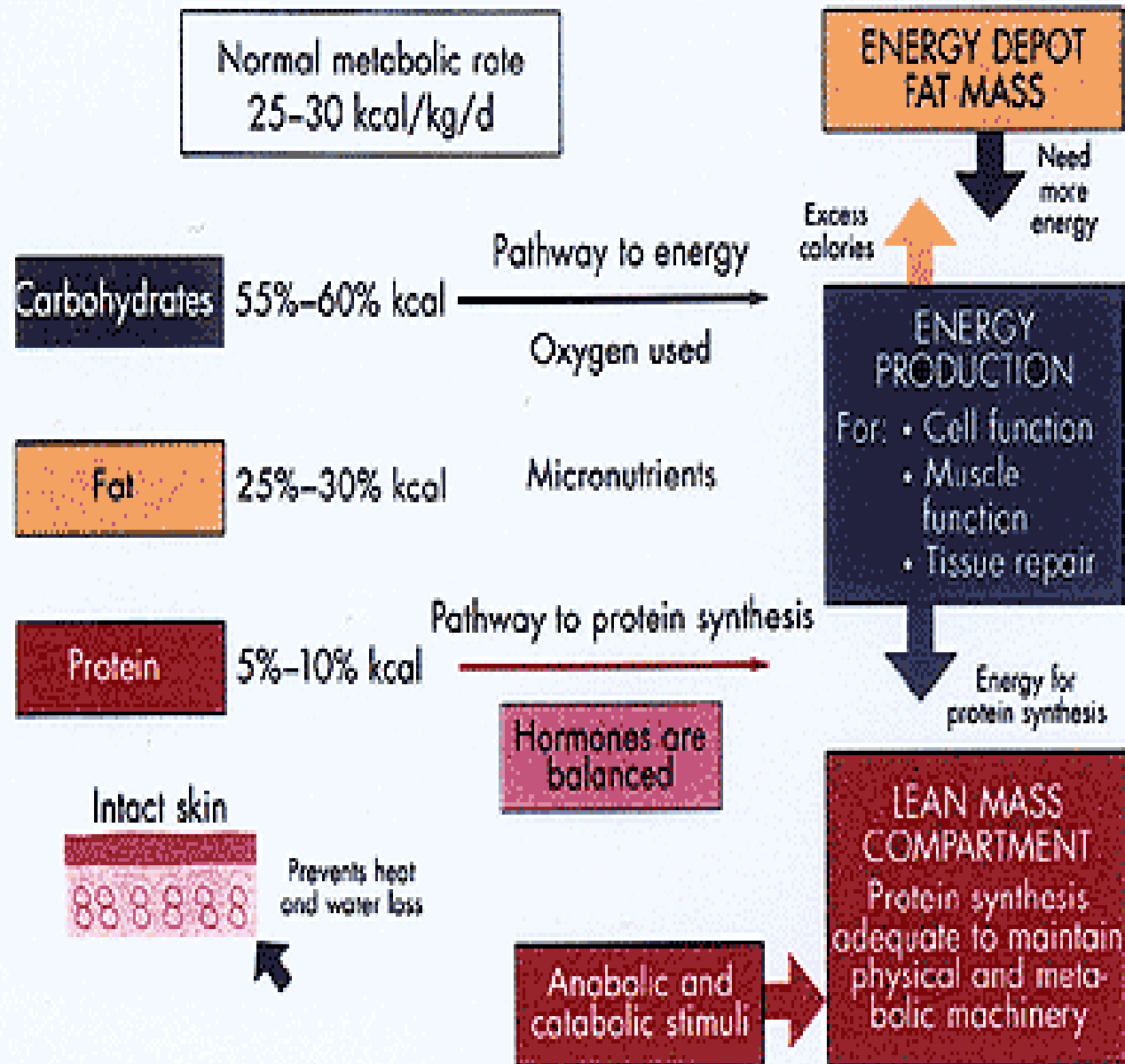
Tirta Prawita Sari

Updated 2023



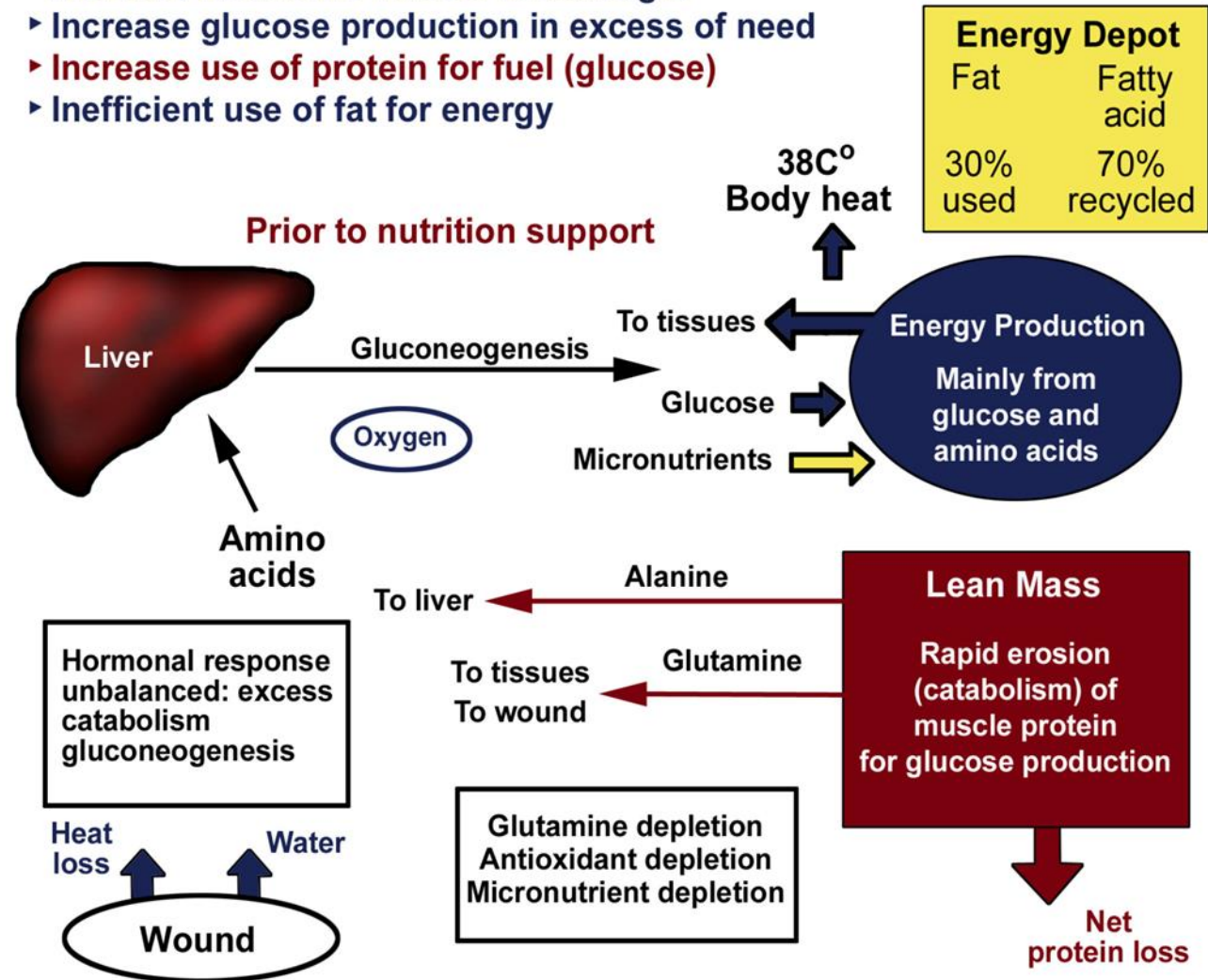
Energy balance		
Body composition	Body mass index	Trends of body weight
Energy intake	Energy expenditure	
Food intake	RMR	Fat free mass
Food composition	DIT	Fat mass
Hormone related to appetite		AEE
		Diet composition
		Physical activity
		Obesity
		Insulin resistance
		Age
		Genetic, age, sex
		Environmental stimuli

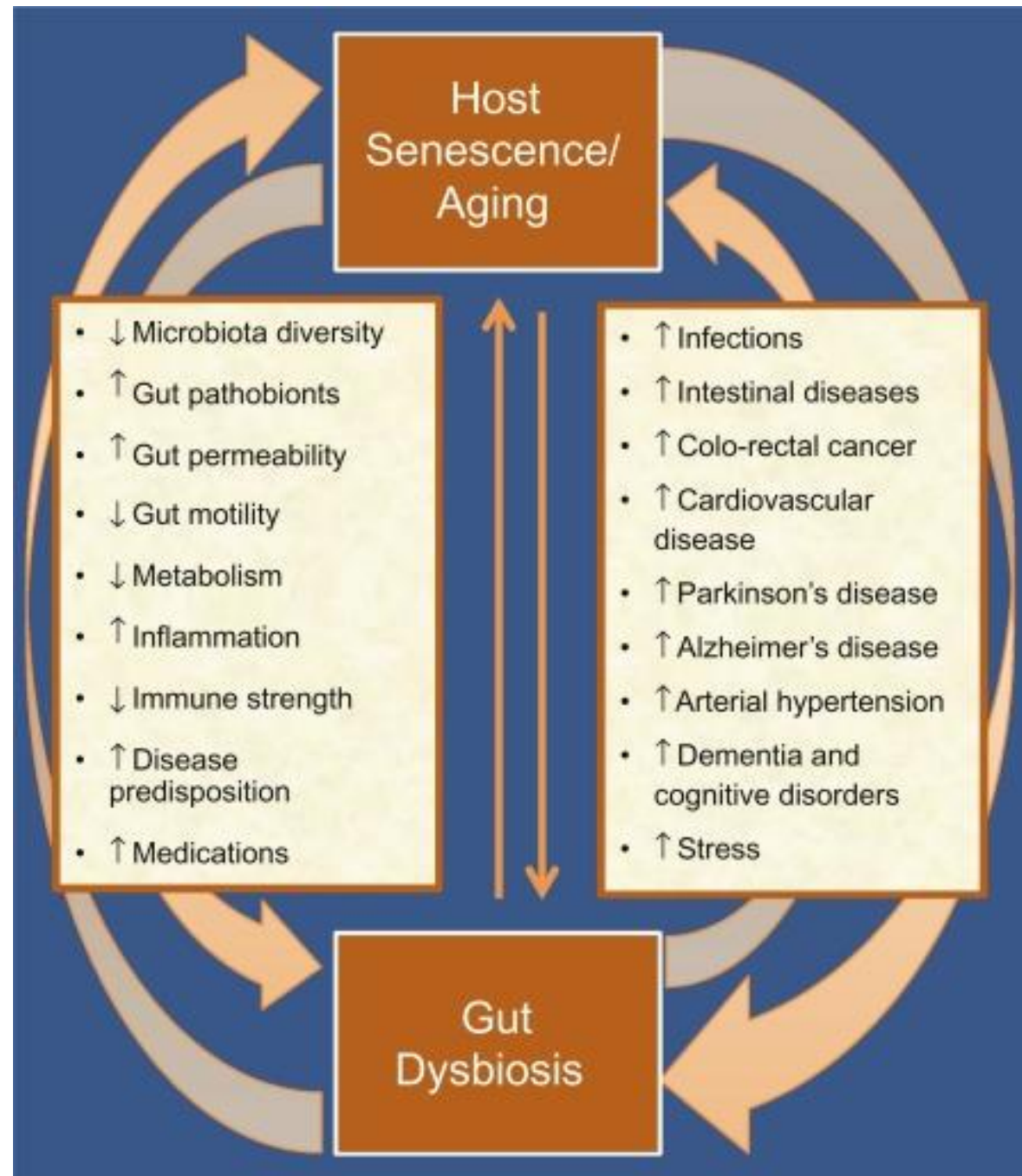
SISTEM METABOLISME NUTRISI MAKRO DAN MIKRO SERTA PERANANNYA DLM KONDISI NORMAL

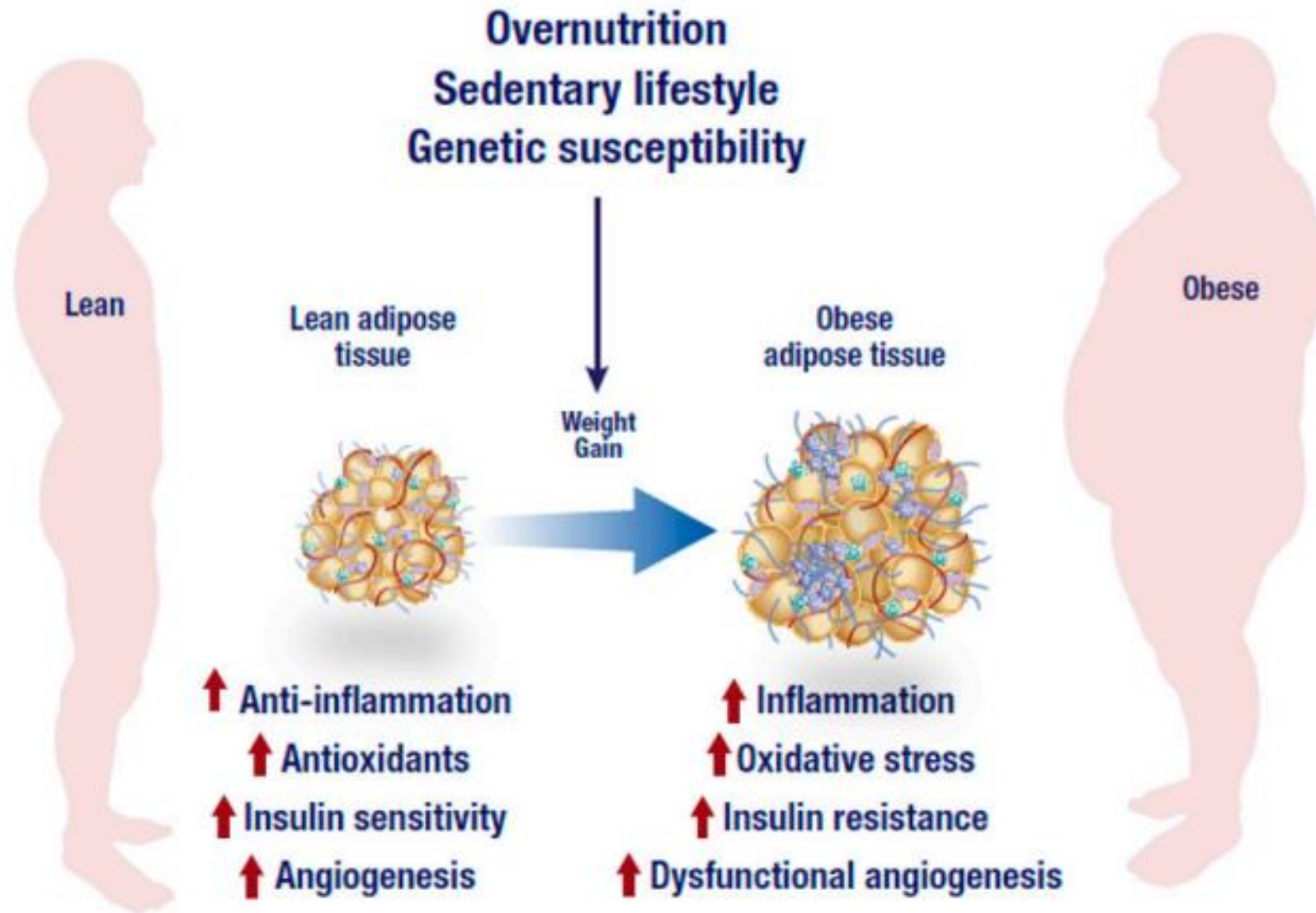


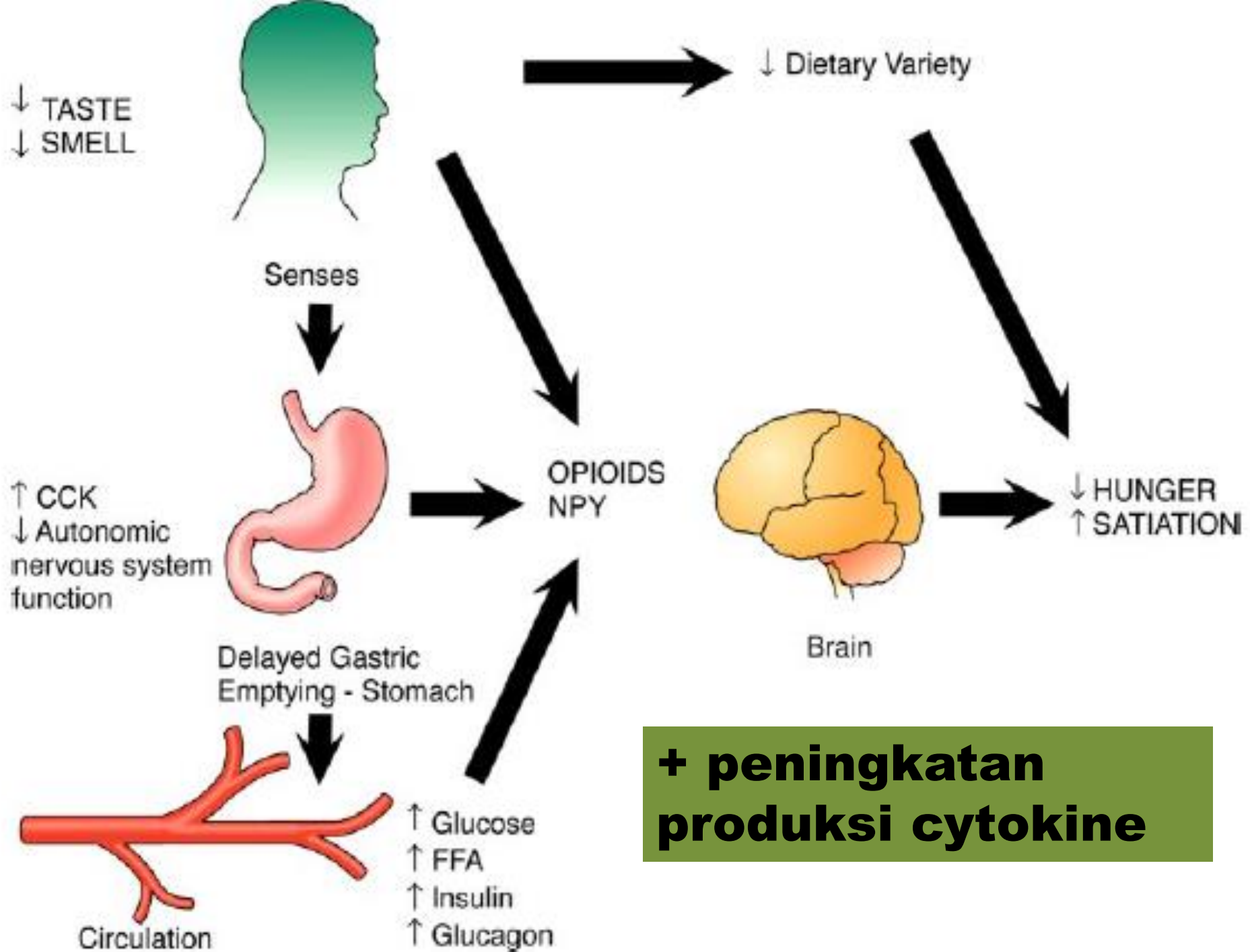
Catabolic Insult-Induced Protein-Energy Malnutrition (Protein and Energy Production Abnormal)

- ▶ No adaptive responses activated
- ▶ Increase metabolic rate 35-40 kcal/kg/d
- ▶ Increase glucose production in excess of need
- ▶ **Increase use of protein for fuel (glucose)**
- ▶ Inefficient use of fat for energy









+ peningkatan produksi cytokine

