



SYMPOSIUM

HEALTHY BREAKFAST

Hotel Century Park, Jakarta 16 Juni 2012

Prof. Dr. Ir. H. Hardinsyah, MS



- Born in Pekanbaru Riau 7 August. Bachelor & MS degree from Bogor Agricultural University (IPB) and PhD from University of Queensland – Brisbane Australia. Visiting scholar at Cornell University, and at Hawaii University – USA.
- Awards: The Best Participant of the National Youth Leadership Training, The Best Lecturer Model of IPB, and the Best Best Participant of International Training on Community Development.
- Past Positions: Head of Department of GMSK of IPB, Director Center for Food and Nutrition Studies of IPB, Director for Collaboration of IPB, Dean of Faculty of Human Ecology (FEMA) IPB, Vice Chairman of PERSAGI, Secretary General of PERGIZI PANGAN Indonesia
- Current Positions: Professor at the Department of Community Nutrition of FEMA IPB, Chairman of Staff Promotion and Appreciation of the Professorship Board of IPB. Chairman of Maternal, Infant and Young Children Experts. President of the PERGIZI PANGAN Indonesia.
- Email hardinsyah2010@gmail.com; Hp 0812919225; @Hardin_IPB

BREAKFAST IN INDONESIA



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Prof. Dr. Ir. Hardinsyah, MS
Departemnt of Cummunity Nutrition, FEMA IPB
President, PERGIZI PANGAN Indonesia
Hp 08129192259, hardinsyah2010@gmail.com
Tweeter : @Hardin_IPB

BREAKFAST IN INDONESIA



1. Meaning & Type of Breakfast
2. Healthy Breakfast
3. Breakfast in the Dietary Guidelines
4. Problems of Breakfast in Indonesia
5. Conclusions & Implications

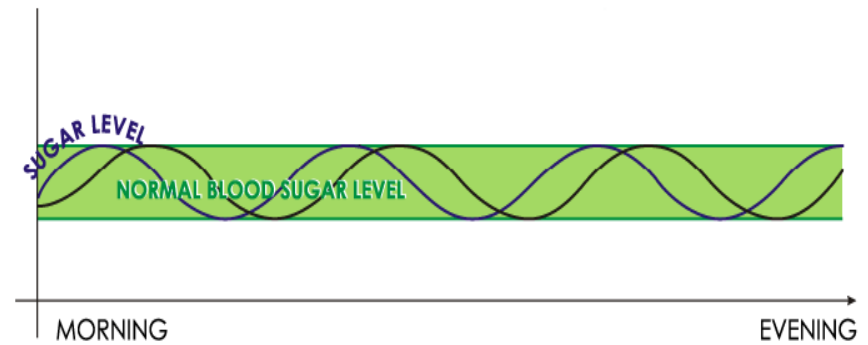
1. MEANING & TYPE OF BREAKFAST

Meaning

- Breaks the fast after one has not consumed anything since the night before
- The first meal (food & beverages) of the day, which is usually taken in the morning
- Food & beverages consumed in the morning to provide nutrients for better feeling, thinking, working/stamina



Why We Need Breakfast :



1. Maintains a stable blood glucose level after a long night fasting.
2. Fullfills morning nutrients required by the body, as part of daily balance diet for good feeling, and optimum thinking & working
3. Prevent from hipoglikemia, headache and overweight
5. To form an healthy diet behaviour



Type of Breakfast

1. Full/Complete Breakfast:

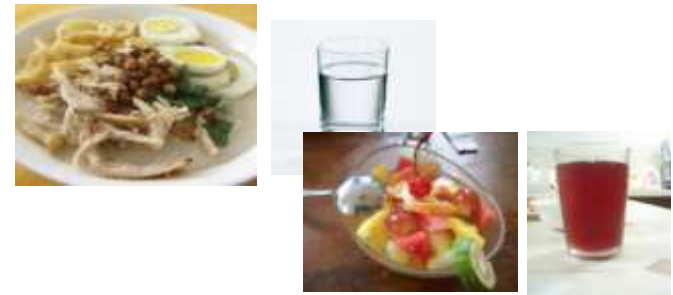
CH food plus side dishes plus fruit/veg and beverages



2. Partial/Incomplete Breakfast:

a. Simple breakfast

CH food plus side dishes and beverages.



b. Very simple breakfast

Beverages/drink or staple food.



Continental Vs Oriental Breakfast

■ Continental breakfast:

Bread products/cereals

Meat and eggs

Fruit juices

(Fruit/veg)

Hot beverages



■ Oriental & Asian:

Wheat/Noodle/Rice

Hot/cold selection

Fruits & dairy

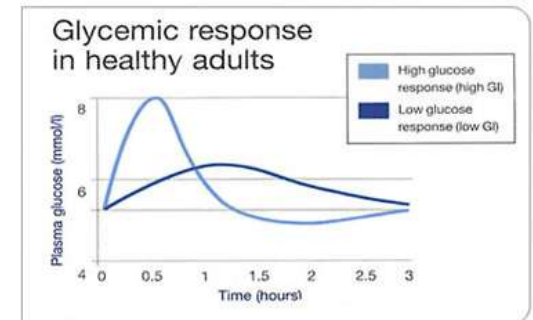
Beverages



2. HEALTHY BREAKFAST

Healthy Breakfast Contains:

1. Adequate nutrients (15-25% of RDA)
2. Adequate dietary fiber
3. Low fat
4. No trans fat
5. Low glucose and simple CH
(Low to medium GI)
6. Beverages
(plain water/milk/black tea or coffee)



Simple Indicators of Healthy Breakfast:



- CH foods combined side dishes & fruit/veges plus beverages
- Tasty & safety

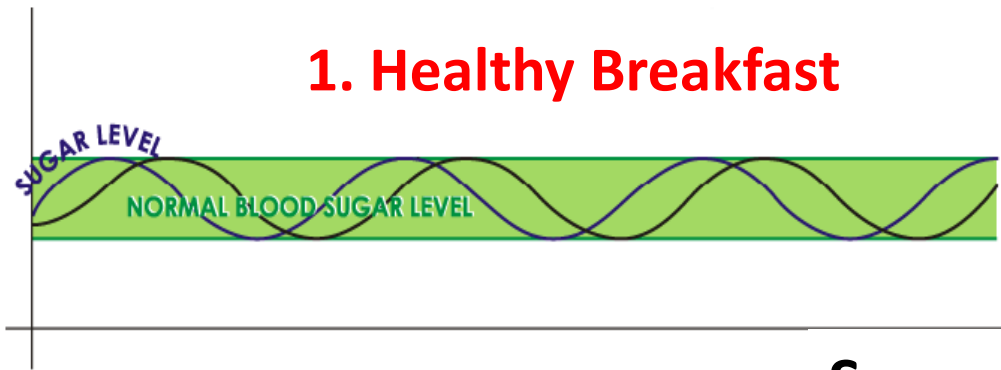


OR

- Fortified CH foods (cereals) combined with fruits/veges plus beverages
- Tasty & safety



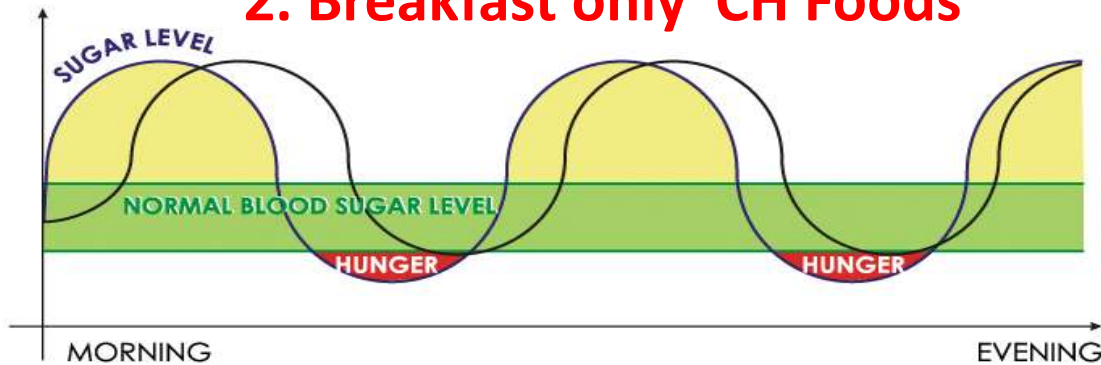
1. Healthy Breakfast



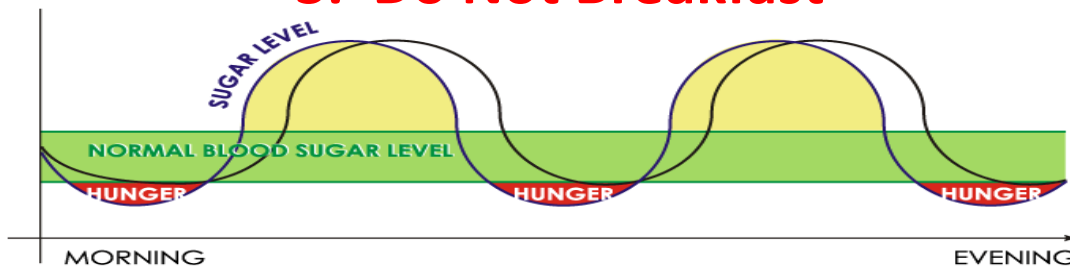
Pagi

Sore

2. Breakfast only CH Foods



3. Do Not Breakfast



Manfaat Sereal Sarapan Yang Mengandung Sereal Utuh

- Mengandung energi, protein, dan serat.
- Mengandung vitamin dan mineral.
- Mengandung air karena dikonsumsi dengan susu.



Kelompok anak minum susu mempunyai densitas tulang yang lebih padat



Zhu K et al . Effects of two years' milk supplementation on size-corrected bone mineral density of Chinese girls. APJCN 2008;17147s-17150s.

Tidak minum susu menyebabkan lambannya pertumbuhan linear (tinggi badan) dan rendahnya densitas tulang



Ruth E et al. Children who avoid drinking cow milk have low dietary calcium intakes and poor bone health. AJCN 2002; 76: 675-680.

Anak laki-laki minum susu lebih tinggi 0.7 cm (2.50 ± 0.21 cm) dibanding anak tidak minum susu atau kelompok kontrol (1.77 ± 0.20 cm)

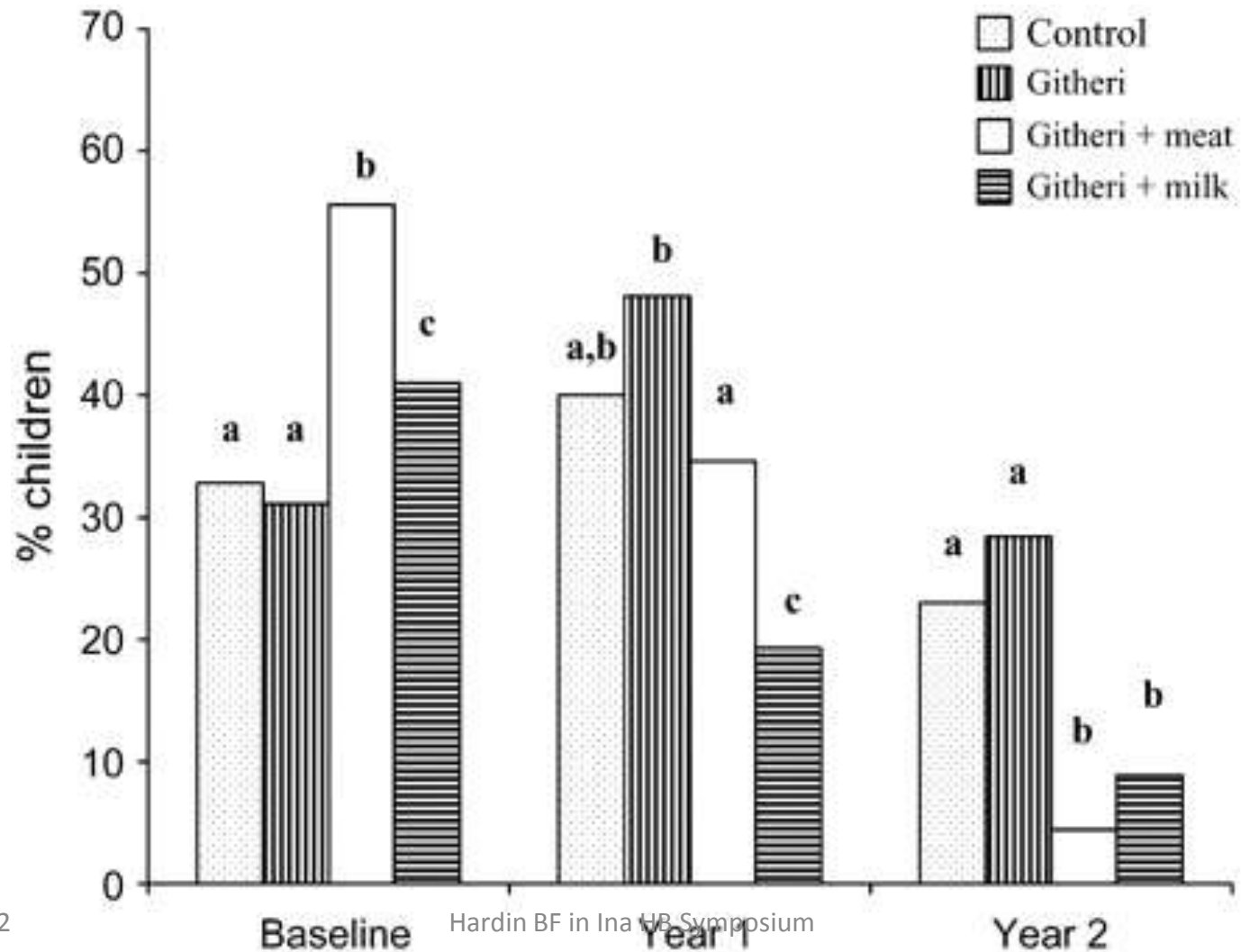


Menggantikan minuman manis dan soda dengan susu berpengaruh positif pada pertumbuhan anak dan penurunan lemak tubuh



Albala, C et al. Effects of replacing the habitual consumption of sugar-sweetened beverages with milk in Chilean children. AJCN, 2008; 88: 605-611

Masalah Defisiensi Vitamin B12 (<148 pmol/L) dapat dikurangi dengan Konsumsi Susu & Daging



3. BREAKFAST IN THE DGs



*Visualization of Balance Diet
for Indonesians (MOH, 1995)*

***The 8th Message
of the Indonesian Dietary
Guidelines (Pedoman Gizi
Seimbang) is:***

**FAMILIARIZE BREAKFAST
(Biasakan makan pagi)**



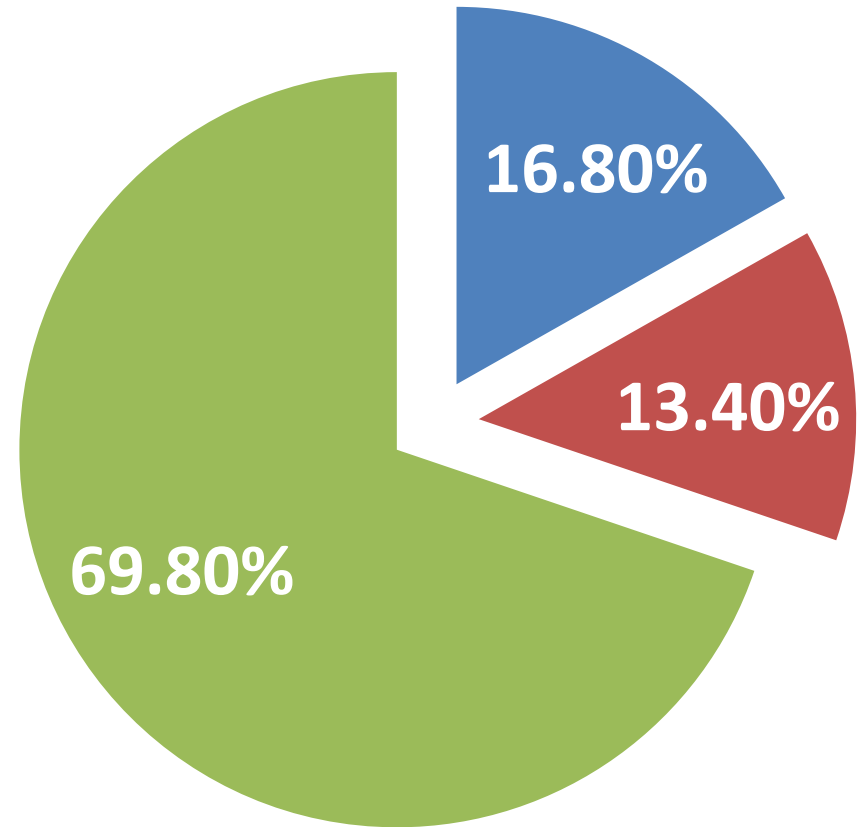
FAMILIARIZE BREAKFAST (BIASAKAN MAKAN PAGI)

The word **“Sarapan”** is more appropriate than **“Makan pagi”** to be used as a translation of breakfast, since **“Sarapan”** means **consume food and beverages** in the morning

2. PROBLEM OF BREAKFAST IN INDONESIA

Only 70% adult
people usually/
always have a
breakfast

- No BF
- Sometime
- Usual/always



Source: Harian Kompas, 30 Mei 2011, hal 19. Kebiasaan sarapan di lima kota besar Indonesia (Jakarta, Surabaya, Bandung, Makassar dan Medan).

Adult People Have a Breakfast (%)

City	Not BF	Sometimes BF	Usual/always BF
1. Medan	18,7	10,7	70,7
2. Jakarta	16,3	13,5	70,2
3. Bandung	15,8	17,5	66,7
4. Surabaya	18.9	11,2	69,9
5. Makassar	14.0	14,0	72,0
Total	16.8	13,4	69.8

Source: Harian Kompas, 30 Mei 2011, hal 19. Kebiasaan sarapan di lima kota besar Indonesia (Jakarta, Surabaya, Bandung, Makassar dan Medan).

Students Did Not Have Breakfast (%)

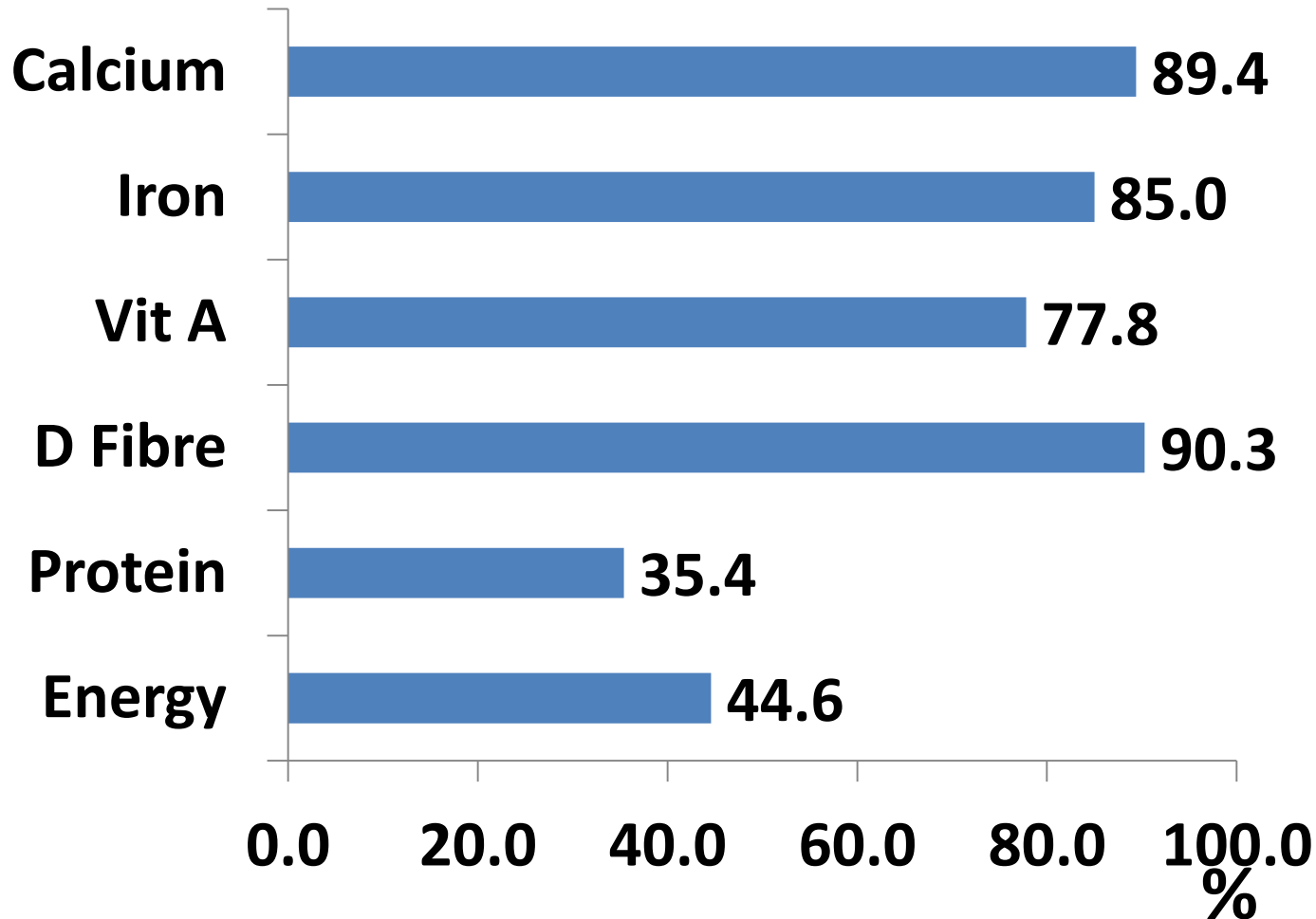
City	Number of Student	Students did not have breakfast (%)	Source:
Jakarta, SD	100	53.7	Faridi et al, 2009
Jakarta, SD	58	22.4	<i>Soedibyo, S et al, 2009</i>
Jakarta, SD	3495	16.9	Yayasan Kusuma Buana, 2002
NTB, SMP	131	56.6	Yayasan Kusuma Buana, 2002
Surabaya, SD	19	36.5	Arijanto et al, 2008
Bogor, SMP	270	38.4	Irawati et al 2006
Depok, SMP	217	41.5	Novitasari et al, 2007
Yogya, SMP	18.9	59.0	Ulvie, 2011

Our Analysis on food Intake data of the Riskesdas 2010 of 35.000 school age children, showed that:

- 1) 26.1 % of them had breakfast with beverages (water, tea & milk)
- 2) 44.6% of them had a low quality breakfast (energy intake from breakfast <15% RDA, which should be 15-25% RDA)



Percentages of School Age Students Who Had Breakfast < 15% RDA



Getting More Difficult to Ask Children to Have Breakfast => A Challenge To Parents

Tantangan ibu ketika memberikan sarapan bagi putra-putrinya di pagi hari



Anak semakin sulit diajak sarapan pagi dan cenderung lambat menghabiskan makannya



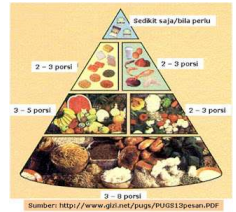
Sarapan Anak belum bervariasi



4.

CONCLUSIONS & RECOMMENDATIONS

1. “Breakfast” has been a part of Indonesian Dietary Guideline Messages of the GOI (MOH) since 1995 (The 8th Message).



2. The problems of Inadequate Breakfast is Rampant. About one-fourth (26,1%) of school children aged 6-12 yrs only having breakfast with beverages; and about one-half (44,6%) having energy from breakfast <15% RDA



3. Considering the important of HB - as part of a daily balance diet, for a better cognitive function & stamina, and preventing obesity, efforts to improve access to HB and promoting HB are urgently needed through public-private partnership



4. Ways to promote HB could be through: “HB day, HB schools, HB ambassadors, HB care, HB sisters, HB etc”



5. The word “Sarapan” is more appropriate than “Makan pagi” to be used. “Sarapan” includes both food& beverages.



Thx U

