



Editor In Chief Nusantara Hasana Journal menyatakan dengan sebenarnya bahwa:
Nama : Dita Hasni^{*1}, Ratna Ellia², Aissa Syifa Khalila³, Debbie Anggraini⁴
Instansi : Universitas Baiturrahmah
memang benar yang bersangkutan telah mengirimkan artikel yang berjudul "THE RELATIONSHIP BETWEEN DIET AND NUTRITIONAL STATUS BALANCE IN ADOLESCENTS" dan telah dinyatakan layak untuk dimuat (dipublikasikan) pada Nusantara Hasana Journal Volume 3 Nomor 6, Edisi bulan November 2023 di <https://nusantarahasanajournal.com/index.php/nhj> dengan E-ISSN : 2798-1428.
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Editor In Chief



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ABSTRACT (popuanon intervension 1 ecmique Compare Kesuus-Stuay).
Results: Results from journals on Google Scholar and PubMed obtained 10 journals related to the title of literature review.
Conclusions: From various studies in adolescents, it can be seen that there is a relationship between a healthy diet and a balance of nutritional status.
Keywords : Diet, Nutritional Status, Adolescents

1. INTRODUCTION
Adolescence becomes a complex transitional phase in a person's development, often characterized by the transition from childhood to adulthood. The age range between 13 to 20 years is often considered as adolescence, where the process of physical and psychological growth is very dynamic. This phase is crucial because the body is actively carrying out significant growth and adaptation to enter the maturity stage. Rapid physical growth is a major feature of adolescence. The body undergoes major changes in terms of height, weight, and the development of other organs. This process requires higher consumption of nutrients to support the growth of bones, muscles, and other organs. Nutritional needs in adolescents are much higher than in the past (1)

The importance of adequate nutritional intake during adolescence is undeniable. However, there are differences in nutritional needs based on each individual's physical activity and lifestyle. Adolescents who are active in sports or do intensive physical activity need higher nutritional intake to support energy expended and body recovery.(2) They require more protein to repair and

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build muscle, as well as complex carbohydrates for a sustainable source of energy. In addition, the variety of nutrients is also important. Nutritional needs can vary depending on specific medical conditions or special situations, such as adolescents with special needs, certain medical conditions, or certain dietary preferences. For example, teenagers who are vegetarians need to ensure adequate vegetable protein intake to meet their body's needs.(3)

The challenge of ensuring adequate nutritional intake in adolescence is often related to lifestyle changes and eating habits. An unbalanced diet, consumption of high-fat fast food, or a tendency to consume processed foods have the potential to hinder the fulfillment of optimal nutritional needs. Therefore, proper nutrition education is very important. Adolescents need to be given a good understanding of the importance of nutrition in supporting growth, development, and overall health. This nutrition education can include information about healthy foods, the importance of variety in the diet, and how to maintain a balance of nutrients.(4)

In this context, the role of family, school, and community is very important. Families can set a good example by providing healthy meals at home. Schools can provide education on good nutrition and encourage healthy lifestyles. Meanwhile, society as a whole can create an environment that supports healthy food choices. In conclusion, adolescence is an important period that requires special attention to the fulfillment of optimal nutrition. With a good understanding of individual nutritional needs, a healthy diet, and a supportive environment, adolescents can enter adulthood in optimal health to lead productive and balanced lives (5). Indonesia is faced with the problem of double nutrition. Based on the results of the 2018

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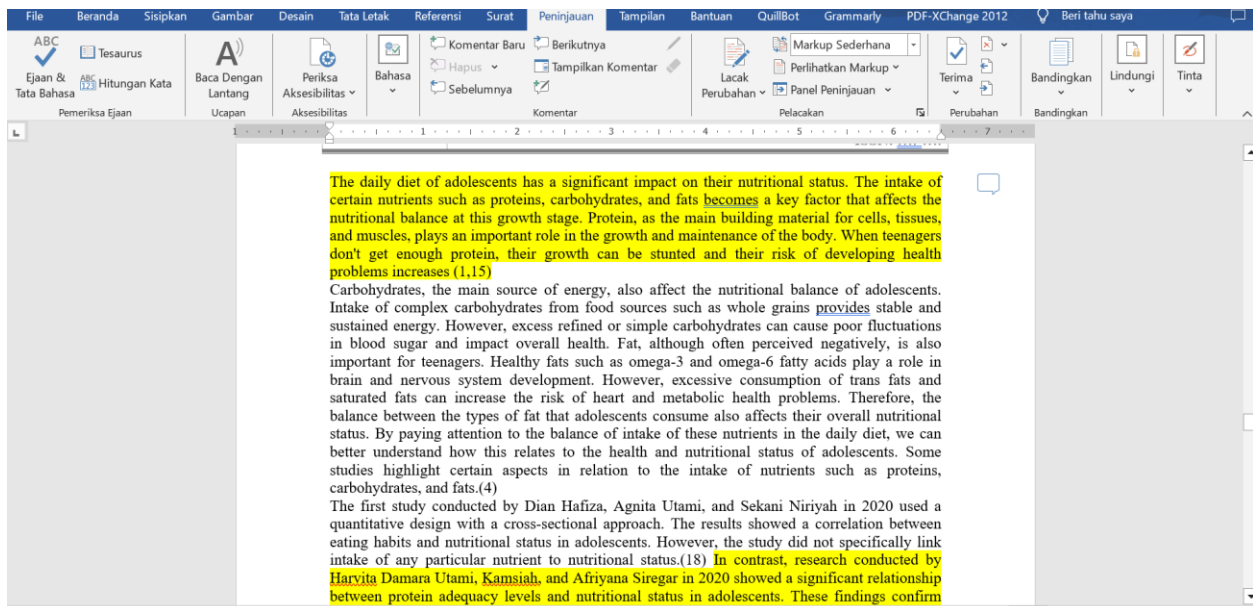
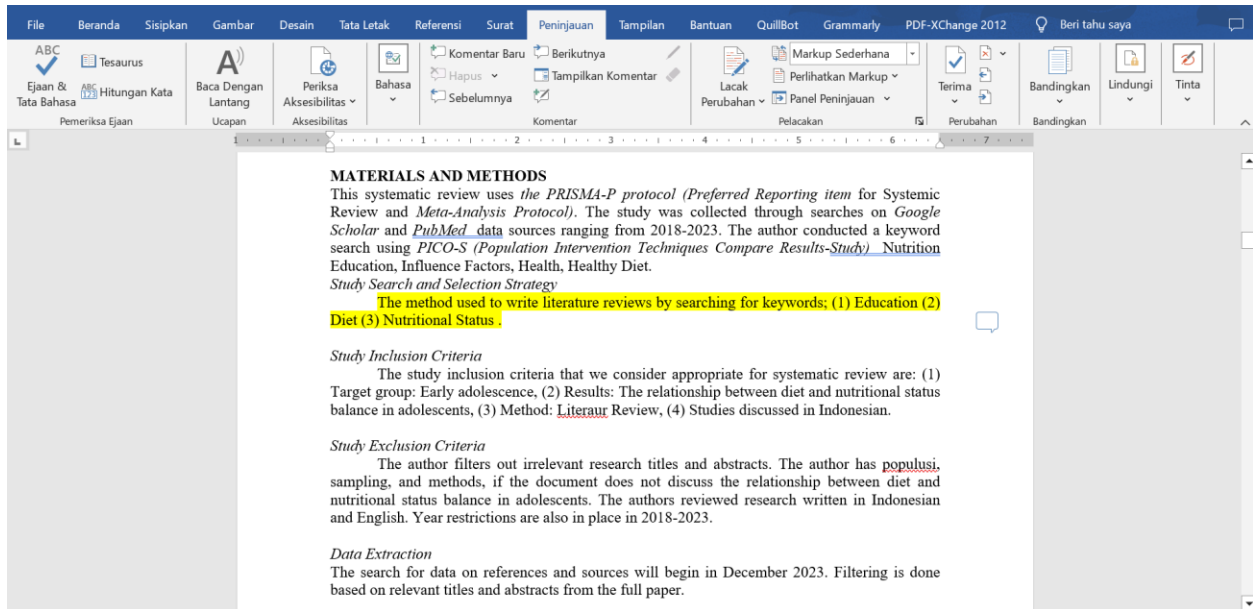
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Indonesia is faced with the problem of double nutrition. Based on the results of the 2018 **Balitbangkes** on the nutritional status of adolescents in Indonesia, it shows the prevalence of underweight in respondents based on BMI / U, which is 13.5% thin. The prevalence of obesity is 20.7% obese. The results of the Bengkulu Provincial **Balitbangkes** in 2019 showed that the prevalence in adolescents based on BMI / U was 10.7% underweight. The prevalence of obesity is 20.1% obese (6). The problem of deficiency and excess in the consumption of nutrients can have an impact on health, namely the problem of double nutrition, either the problem of undernutrition or overnutrition. The direct cause of nutritional problems, either more nutritional problems or less nutritional problems is an imbalance between food intake and the needs of the body and the presence of infectious diseases.(7)

One form of behavior change in adolescence is a change in diet, either leading to a good diet or tending to lead to a bad diet. A good diet should be accompanied by a balanced nutritional pattern, namely the fulfillment of nutrients that have been adjusted to the needs of the body and obtained through daily food. Diet shows how to meet nutritional needs for a person which is manifested in the form of consumption of types of food, the amount of food and the frequency of eating. Food sources of balanced nutrition are grouped, namely: energy sources, sources of building substances, and sources of regulatory substances. Food ingredients are staple foods, animal and vegetable protein side dishes, vegetables, and fruit.(8)

The literature review plays an important role in unraveling the complexity of the relationship between diet and nutritional status balance in adolescence. This research provides a strong foundation for understanding the factors that influence health through diet, and forms the basis for designing appropriate measures to improve nutritional status and overall health in this group. The importance of a literature review lies in its ability to consolidate information from the various studies that have been conducted. By pooling data and findings from a wide array of



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correlation. This highlights the complexities involved in the interaction between intake of specific nutrients, such as protein, and nutritional status in adolescents. Therefore, there is an urgent need for further research that can explore more deeply the interaction between specific nutrient intake and nutritional status in the adolescent age range. Further research could include a more focused approach to observing adolescents' daily diets, while considering other factors that might affect their nutritional status.(8)

One aspect to note in follow-up research is individual variation in response to intake of certain nutrients. Each individual's nutritional needs can vary based on genetic factors, physical activity levels, health conditions, and other factors. Considering this variability in research can provide a deeper understanding of the relationship between specific nutrient intake and nutritional status in adolescents. In addition, research approaches that involve direct measurement of nutrient intake, either through observation methods or food diaries, can also provide more accurate insights. This can be helpful in identifying specific eating patterns and clarifying their relationship with the nutritional status of adolescents.(9)

It's important to remember that research into the relationship between specific eating patterns and nutritional status in adolescents is part of a broader understanding of their health. Optimal nutritional balance in the context of a healthy diet is an important, but not singular, factor in determining overall nutritional status. Thus, further research that deepens understanding of the interaction between intake of specific nutrients, including protein, and nutritional status in adolescents is important. This will help in designing more appropriate and sustainable nutrition recommendations to improve the overall health of adolescents.

The frequency of consumption of nutritious food and fast food plays an important role in maintaining the balance of nutritional status in adolescents. Teens who regularly eat nutritious

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interfere with their nutritional status, although other diets are quite balanced.

Environmental, social and economic aspects also play an important role in the diet of adolescents. Accessibility to healthy food can be a problem in certain communities or neighborhoods, especially in areas with limited access to food markets that provide fresh and nutritious groceries. Economic factors can also limit food choices, where healthy foods are often more expensive than less nutritious fast or processed foods. This level of complexity indicates that the relationship between healthy eating patterns and nutritional status in adolescents is not simple. The large variability in the factors affecting their diet confirms the need for continued research (Utami, 2020).

Future research should lead to a deeper understanding of the factors that influence adolescent food choices, both in terms of individual preferences, environmental factors, and economic aspects. Observational studies involving a representative sample from a variety of social and economic backgrounds will provide greater insight into adolescent diet dynamics. In addition, intervention studies that pay attention to adolescents' eating habits can provide a clearer view of how changes in environment or nutrition education might affect their diets. Identifying the best way to change unhealthy eating habits to more nutritious ones is an important step in improving the overall nutritional status of adolescents.

One factor that may influence is psychological or behavioral factors. Individual preferences, such as predisposition toward certain foods or food consumption habits that may be related to psychological factors, can play an important role in adolescent eating decisions. In addition, the presence of social pressure or the desire to conform to certain norms in their social environment can also affect their food choices. Cultural and environmental contexts should also not be ignored. Each culture has different food habits and preferences, and this can significantly affect the diet of adolescents. In addition, environmental factors such as accessibility to healthy foods, food prices, and promotion of less healthy foods also play a role in influencing their food