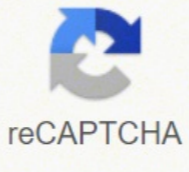




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# CALCIUM

AN IMPORTANT MINERAL

**DID YOU KNOW?**  
Calcium is mainly found in our bones and teeth. Our body needs it to maintain strong bones and carry out important functions.



**1. SUPPORTS MUSCLE MOVEMENT**  
**2. REGULATES CELL MEMBRANE PERMEABILITY**  
**3. CONTROLS NERVE IMPULSE TRANSMISSION**

**4. CONTROLS MUSCLE CONTRACTION**  
**5. REGULATES HORMONAL SECRETION**  
**6. REGULATES ENZYME ACTIVITY**  
**7. REGULATES CELL DIVISION**

**Good sources:**  
Organic dairy products, sardines, egg yolks, raw almonds, sesame seeds, seaweed and organic dark green vegetables.

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# Panduan Pemberian Makanan Enteral

Yustini DCN.M.Kes, RD  
RS Dr. Wahidin Sudirohusodo  
MALUKU TENGAH 28 JULI 2016

## Latar Belakang

- ◆ Penderita di rumah sakit berisiko tinggi untuk terjadi malnutrisi ( 20 – 60 % )
- ◆ Risiko malnutrisi berdampak pada pemulihan dan penyembuhan penyakit, status gizi, lama hari rawat dan biaya perawatan
- ◆ Dukungan gizi pada penderita di rawat di rumah sakit sangat penting agar memenuhi kebutuhan gizi yang optimal dan adekuat.



NO	INDIKATOR	STATUS
1	...	...
2	...	...
3	...	...
4	...	...
5	...	...

### FITRAH

setiap muslim yang mempunyai kelebihan dari keperluan keluarga yang wajar

### SIAPA YANG WAJIB

pada orang yang tidak mampu berpuasa dan tidak mampu menunaikan qodho' puasa

### FIDYAH

### BESARAN

2,5 kg makanan pokok (beras)

kurang lebih 1kg makanan pokok atau satu porsi makanan standar untuk satu hari tidak berpuasa

matahari terbenam

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