The Efforts to Improve Balanced Nutrition Through Typical Foods of North Maluku

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Abstract

Balanced nutrition is very important in public health, especially in early childhood, to improve the growth and development of the child’s body. Adults also have an important role in consuming foods that have balanced nutrition according to the body's needs. The study was aimed at determining the increase in balanced nutrition through North Maluku special food. This study employed a qualitative research method with a descriptive literature study approach used to collect information and data in depth through reviewing various literature, books, magazines, journals and other references as well as relevant research results. The results of this study indicate that the typical food of North Maluku is a traditional food which has various benefits and nutritional intake, including carbohydrates, fats, proteins, vegetables and fruits. North Maluku typical food is very good as an effort to improve balanced nutrition because it can maintain the body’s immunity to stay strong and avoid all diseases. North Maluku special food apart from papeda, garuk vegetables and others. There are also North Maluku special foods, namely sago, with a protein content of 1.43%, low fat of 0.48%, crude fibre of 2.17%

Key words: Balanced Nutrition, Typical Food, Efforts to Increase

Introduction

Nowadays, the majority of people prefer to live with a pragmatic culture (live instantly and practically), as well as in terms of food, even though instant food consumed regularly can cause disease in the future. Therefore, it is necessary to pay attention to consuming ready-to-eat food because it can cause various health problems such as obesity, diabetes, blood pressure and heart disease.

In Indonesia itself, since a few years ago, there have been problems in nutritional status, especially nutrition in children. The 2018 Risksda has stated that the number of nutritional status presentations at the age of 0–59 months in the category of malnutrition is 3.9%, the category of undernutrition is 13.8%, and excess nutrition is 3.1%, and at the age of 5–12 years the category 2.4% were very thin, 6.8% thin, 10.8% obese and 9.2% obese. (Puji Hastuti et al., 2021) From these data, we can see that the most nutritional problems in Indonesia include malnutrition or include an unbalanced arrangement of dishes, or overall consumption that does not meet the body’s needs, which has a short-term impact with a stunting condition or long-term obesity.
Malnutrition is associated with slow body growth, especially in children, which affects low body resistance, lack of intelligence and low productivity. Growth and development is a characteristic of children and one indicator of health. Growth is the increase in the quantity of body mass, which is usually measured by measuring body weight (in kilograms) and measuring height (in meters). In addition to describing growth, body size can be used to determine nutritional status and body composition. (Sri Wuryanti et al., 2019) Malnutrition is caused by an imbalance between food intake and body needs. Besides that, reduced nutrition is caused by nutritional intake below the recommended adequacy, while excess nutrition is caused by nutritional intake exceeding the recommended adequacy and not being balanced with sufficient physical activity. (Kamal et al., 2022) The causes of malnutrition and malnutrition are the lack of understanding by the community or parents about consuming healthy and nutritious food. People, especially parents, tend to prefer practical food to be healthy and nutritious food so unwittingly this will affect the process of growth and development of children in the future.

Balanced nutrition is a composition of daily food that contains nutrients in the type and amount according to the needs of the body by taking into account the principles of diversity or variety of food, hygiene, physical activity and ideal body weight. Balanced nutrition is very important for growth and development for infants, children and adolescents as well as adults and the elderly to keep the body healthy. Fulfillment of balanced nutrition means that the nutritional intake received by the body is proportional to the nutrients used by the body so that the body is not susceptible to infectious diseases, increases work productivity and is protected from chronic diseases and premature death. (Alisya & Rizqjawang, 2022) Balanced nutrition is a very important aspect of public health, especially in early childhood, for the growth and development of the child’s body. In dealing with this nutritional problem, efforts are needed to change the food consumption patterns of the community and parents so that they consume balanced nutrients according to their needs.

The consumption pattern of people who prefer fast food rather than local food causes a decrease in popularity and opportunities for local food or regional specialities, especially North Maluku specialities. Even though North Maluku is one of the areas that is famous for its own culinary offerings. North Maluku is also known as an area close to the sea, rivers and forests. So it cannot be denied that the typical food of North Maluku also contains natural and nutritious ingredients for the body’s needs.

As an effort to solve nutrition problems caused by various complex problems, solving nutrition problems cannot only be solved by one sector; multi-sector problem solving is needed so that various problems regarding nutrition can be solved. One way is to improve balanced nutrition through special foods, which are expected to be able to improve the nutritional status of children and be able to preserve typical foods which have begun to be eroded by the current developments.

Based on the background described above, the problem to be studied is formulated in the form of a question as follows: "How are efforts to improve balanced nutrition through North Maluku special food?" to know the efforts to improve balanced nutrition through North Maluku special food

Method

The research method used in this study was qualitative research with a descriptive literature study approach used to collect information and data in depth through reviewing various literature, books, magazines, journals and other references, as well as relevant research results. This method was used to get answers and relevant theoretical foundations regarding the problems. As for writing this research article, it examined various kinds of literature related to the issues discussed, namely increasing balanced nutrition through North Maluku special food.

Results and Discussion

Based on the results of several articles that have been obtained, the articles are filtered again based on predetermined problem criteria, then get the following results.

According to Yessi et al., 2022 in her research on the identification of macro and micro nutritional values of pumpkin flour typical of Riau shows that the best pumpkin flour of the three varieties was pumpkin flour of the honey variety at optimal temperature treatment (80 degrees Celsius), with a composition of macronutrients (6.39% water content; 63.59% carbohydrate content; 16.19% protein content, 0.63% fat). Micronutrients (0.107 mg zinc, 0.252 mg iron, 24 mg calcium). Varieties of honey pumpkin flour can be used as a food ingredient to increase the nutritional value of various healthy and nutritionally balanced food products. (Yessi et al., 2022) Research (Nuban et al., 2020) on traditional food from sago caterpillars as an effort to overcome malnutrition in children, also shows that high-protein sago caterpillars can be processed into sausages with red spinach colouring and also traditional foods such as savoury rice, scotel, omelette rolls, toast, stuffed tofu, sweet potato balls, croquettes, panada, banana cake and lempor. Giving this traditional food to children, including children who experience malnutrition, malnutrition and stunting for 45 days, has been proven to increase protein levels in the body. Sago caterpillars are an alternative
Local food that can be processed into various traditional high-nutritional value foods for children in sago-consuming areas in an effort to prevent malnutrition in children.

From some of the research results that have been described above, it cannot be denied that the typical food in each region has a high level of nutritional content and is good for the body's needs, especially in children whose nutritional status is reduced or children's nutritional imbalances.

Typical food

The prevalence of social media in the modern day has altered how young parents parent. Sharing is one parenting technique that has developed in tandem with the growth of social media. The phrase sharenting, which combines the words share and parenting, describes the trend in cyberspace where parents post extensive details about their children's lives on social media (Briazu et al., 2021; Marasli et al., 2016). Brosch (2018) claimed that information utilized as an object of sharing by parents on social media includes things they own, clothes they wear, locations they've been, the food they eat every day, or other activities like play and school.

During a time when internet usage and social media presence were growing, this sharenting technique became a component of a newly developing discipline. Parents frequently use Twitter, Snapchat, YouTube, WhatsApp, Pinterest, and TikTok among other social media platforms (Frey et al., 2022). Research conducted by Maeve et al. (2015) and Marasli et al. (2016) About 74% of parents post images and videos of their kids on Facebook with messages referencing their private lives. Strengthened by research conducted by (Brosch, 2016) images that parents have uploaded. 75% of kids between the ages of 0 and 8 years. In addition, 83.9% of parents also disclosed their child's date of birth, and 32.7% of parents posted movies and other papers about their children on Facebook. He noted that 90.5% of parents had submitted or received comments referencing their child's name. Women are more likely than fathers to post pictures of their kids and information on parenting on social media, with 79% of new mothers and 76% of new fathers (Brosch, 2018; Cino et al., 2020).

The rise of social media, particularly in the twenty-first century, and the accessibility of the internet are to blame for this rise in sharing activities. Given the prevalence of social media in this time period, sharing has become increasingly popular among young parents (Marasli et al., 2016). Young parents are also referred to as "digital natives," which refers to a generation that has grown and developed alongside advancements in digital and information technology (Damkjaer, 2018). Parents may not be aware of this sharing because they believe it is usual and safe to share details about their personal lives with their children (Brosch, 2018). Considering that they don't upload anything that would violate a child's privacy or identification and because they believe their uploads are positive in nature (Marasli et al., 2016). This is in line with the research conducted by (Briazu et al., 2021) that sharing behaviour provides parents with a number of advantages, including social support and the ability to build relationships.

There is no doubt that sharenting can have detrimental impacts on a child's identity and psychological health, even though it is helpful for both parents and children (Marasli et al., 2016). Because parents exchange information about their children's personal information, such as their date of birth, complete name, and time of birth, this habit of sharing might be a worrying issue. Future criminals can unwittingly abuse the information (Brosch, 2018; Plunkett, 2020). Revealing the personal information of extremely young children can increase the likelihood that identity theft will occur in the future because the information may be kept on file until the child is an adult, making the youngster a potential victim of juvenile criminals.

Additionally, parents post material that they believe is appropriate but may offend children. Thus, the practice can breach privacy rights and lead to issues, especially as adolescence approaches, when among other things, self-esteem and confidence are developed. Identities that could be at risk from unfavourable remarks (Marasli et al., 2016). So, parents are less aware of and comprehend how this sharing practice can harm children's privacy and jeopardize their safety. Furthermore, not many parents view this sharenting behavior as an activity that exploits children.

Balanced Nutrition

Fulfilment of balanced nutrition includes daily consumption of foods that contain nutrients in the type and amount according to the body's needs, taking into account the principles of food diversity, physical activity, clean living behaviour and monitoring body weight regularly in order to maintain normal body weight to prevent problems. nutrition. (Suriany Simamora & Kresnawati, 2021) The term nutrition comes from the Arabic giza, which means food substance; in English, it is known as nutrition, which means food or nutrition or is often interpreted as the science of nutrition. A broader understanding that "Nutrition is defined as the process of organisms using food that is consumed normally through the process of digestion, absorption, transportation, storage, metabolism and the benefits of nutrients to maintain life, growth and normal function of organs and produce energy". (Saijah et al., 2015) Based on the explanation above, it can be concluded that the fulfilment of nutrition is very beneficial in the body's metabolism to digest various kinds of foods that are high in nutrition and have balanced levels of nutritional
content. In this regard, one of the functions of nutrients is to regulate processes in the body and build and maintain the body.

**Efforts to Improve Balanced Nutrition Through Typical Foods**

In improving balanced nutrition, the food served must be able to meet nutritional needs by referring to the arrangement of four healthy five perfect dishes consisting of staple foods, side dishes and vegetables, vegetables made from vegetables and fruits; the menu served can accept nutritional needs of the body. This is based on the notion of menu planning in (Dhiny et al., 2017), which is an activity of compiling a menu that will be processed to meet consumer tastes and nutritional needs that meet the principles of balanced nutrition. A balanced menu is a menu consisting of a wide variety of foods in appropriate amounts and proportions so as to meet a person’s nutritional needs for the maintenance and repair of body cells and life processes, as well as growth and development. (Dhiny et al., 2017) In this process, the body’s stability will be balanced when consuming foods that are of high quality and good for the body. This is in line with the definition of a balanced diet which is an ideal food both in terms of quality and quantity for all mankind. Balanced food is needed as intake for the human body to replace lost substances after activity, eliminate hunger, help the body to work properly and strengthen immunity. (Husnah, 2022) Nutritional balance can be created by consuming a variety of food elements and their variations.

In North Maluku itself, there are various kinds of typical foods that have various nutritional intakes, including carbohydrates, fats, proteins, vegetables and fruit. Kobong (garden) food is a term for mentioning it in the North Maluku area, which is a traditional speciality food. This traditional speciality food consists of papeda, thousands of cassava, boiled bananas, fish, stir-fried kale, vegetable scratch, eggplant, long beans, and cucumber as fresh vegetables.

Kobong food is a traditional food from North Maluku long before the people of North Maluku knew rice. Kobong food has become the staple food of the people of North Maluku. The presentation of kobong food or food from the garden is very diverse and full of nutritional intake of carbohydrates, proteins, fats, vegetables and fruit. Carbohydrates are not enough from sago trees or cassava, but there is boiled cassava called kasbi and boiled bananas. Boiled bananas from bananas that are still hard are then boiled with coconut milk which is carbohydrates (In www.kompas.id, Rosalina et al., 2022). There is also traditional food found in North Maluku, namely sago with bright white cassava or cassava flour plates. In printing this sago plate, there is a sago printing tool made of earthenware, which is rectangular in shape and has 5–6 cavities in the middle. In the cavities, cassava flour is inserted to make sago plates. This tool for the people of North Maluku is called forno (functions like an oven).
The report from the North Maluku Agricultural Technology Study Center states that cassava is the third food source after rice and corn. As much as 64% of cassava production in Indonesia is used as food. In the news media (kieraha.com) it was informed that in a report entitled Processing Technology of Sago Kasbi Aneka Rasa, it also explained that the protein content contained in sago kasbi was 1.43% and low fat, namely 0.48%. Therefore, the people of North Maluku make sago kasbi as the main food to replace rice which is consumed with fish and vegetables as a source of protein and fat. Its crude fibre content is 2.17%; this is the main component that is classified as resistant starch or fibre that is not digested by digestive enzymes in the small intestine of healthy humans. So that it has a physiological function as well as food, among others being able to bind bile acids, increase stool volume and shorten transit time. In addition, the report states that through the pressing process, almost all of the starch is extracted so that the residue left behind contains low calories. This is what causes sago kasbi’s sugar content and glycemic index to be very low. With low sugar levels and a satiating effect, sago kasbi is suitable for consumption by diabetics and people on a diet. So sago is also suitable as a functional food for diabetics.

Conclusion

Based on the results of the research conducted, it can be concluded that efforts to improve balanced nutrition through North Maluku special food have the result that traditional food is a typical food of a region that is able to maintain the balance of the body and has good and beneficial ingredients for the body to avoid all chronic diseases. endanger human life. The typical food of the North Maluku region also has balanced levels of ingredients such as carbohydrates, protein, fat, fruit and vegetables. Typical North Maluku foods include sago lempek, boiled kasbi, papeda and many more. The hope is that this special food can be a form of guidance so that you can consume foods that have high and balanced nutrients.

References


