

ABSTRAK

Sistem Pakar Pemilihan Menu Makanan Berdasarkan Kebutuhan Kalori Pada Ibu Hamil (*An Expert System for Food Menu Selection Based on Pregnant Women Calorie*)

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ABSTRACT

The period of pregnancy is a condition in which a woman undergoes the process of fertilizing a fetus to become a baby, this process occurs in the woman's womb for a certain period of time before birth. During pregnancy, a pregnant woman needs a different food intake from a woman in normal conditions, because during pregnancy, pregnant women also have a responsibility to meet the needs of the baby in the womb so that the need for food intake increases. In addition to differences in food intake needs with normal women, pregnant women also need different food intake at each trimester of pregnancy. To assist pregnant women in determining food menu choices, an expert system was created which aims to facilitate the selection of food menus based on calorie needs. This expert system uses a forward chaining method of reasoning and a waterfall software system development method with an Android-based application. The results obtained from this expert system are in the form of information about the number of calories needed by pregnant women in a day and recommendations for food menus to meet these calorie needs.

Keyword: Pregnant women, Calories, An Expert System, Forward Chaining.