

**DIFFERENCES IN USING MOBILE-BASED MEAL PLANNERS
& FOOD RECORD ON BODY WEIGHT AND FULFILLMENT OF
MACRONUTRIENT INTAKE FOR OBESE PEOPLE**

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ABSTRACT

Nutritional problems that are very often encountered today one of them is obesity. Obesity is an excessive accumulation of fat due to the imbalance of energy intake (*Energy Intake*) with energy expenditure (*Energy Expenditure*). This also happens because of changes in diet, namely excessive eating habits. Wrong dietary changes are caused by lifestyle changes, namely in the selection of foods that are high in calories, fat and cholesterol. In overcoming these problems, it is necessary to have an understanding of menu planning that suits the needs of each individual such as how many portions of food must be consumed in achieving good nutritional status. To achieve good nutritional status, tools are needed that can make it easier to determine the menu planning. Meal planner will help to make it easier for someone to find out how much macronutrient intake enters the body. The purpose of this study was to determine the results of interventions from the effect of mobile-based meal planners on weight loss and fulfillment of macronutrient intake for obese people. This research is a quantitative research using *the Quasi Experimental Design* method with a *Pre-Post Test With Control Group* design. The number of subjects in this study was 46 subjects using the Convenience Sampling technique. The results of this study showed that there was no significant difference in weight loss in each group, namely with the result of p-value = 0.184. While in fulfilling macronutrient intake there was a significant difference in protein intake with a p-value value of 0.018 and fat with a result of p-value = 0.041, however, there was no significant difference in energy intake with a result of p-value = 0.927 and carbohydrates with a result of p-value of 0.763. From the of the study, it can be concluded that there is no significant difference in weight loss in each group, both groups using mobile-based meal planner media and groups using food record forms, while in fulfilling macronutrient intake in the form of energy and carbohydrate intake, there is no significant difference in each group but there are significant differences in protein and fat intake in each group.

Keywords: Macronutrient Intake, Weight, Meal Planner