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ABSTRACT

Have a healthy and ideal body is a dream of every man. Similarly, for women and

man, the ideal body is a difficult dream it seemed to achieve. So this sometimes

makes the women perform different types of diet to exercise for the sake of getting

into shape and the ideal body weight.

However, this phenomenon is sometimes that makes one take a type as well as the

way in diet. Even some of them don't understand very well the meaning of the

actual diet. Diet-diet so that they do not work.

According to the nutritionists, Diet REST is a good diet for a try. Because of this REST

diet does not reduce rations to eat someone. This focuses on the REST of the diet

intake of calories that should be accepted. With a diet of REST remains eating three

times a day and does not prohibit for distraction or conversation. As long as the

calories diasupkan according to your needs.

To find out what foods are fit to eat calorie-counting is needed for appropriate

weight and activity. Because that's created a web-based system for the preparation

of dishes based on calculation results REST diet weight loss and activity of the

person.

This website requires that someone login first before getting food menu for his diet.

Someone will get the menu based on body weight and daily needs. For the menu

itself, adapted from the book Slim is Easy that has dlilakukan the previous research

by nutritionists namely Rita Ramayuli. In addition to this web will also evaluate diets

rest done and summarize it. So at the end of the diet program will look whether

there is significant perubahann and will determine the next step in a healthy life as

well as having an ideal body.

Keywords: Diet, REST, Calories, Nutrition.

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