

## ABSTRACT

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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.*