

Appendix 1. Recommended Dietary Allowance of Energy, Protein, Fat, Carbohydrate, and Water for Women 13-49 years, Pregnant Women, and Lactating Women

Age Group	BW (kg)	BH (cm)	Energy (kcal)	Protein (g)	Fat (g)			Carbohydrate (g)	Dietary Fiber (g)	Water (mL)
					Total	n-6	n-3			
<b>Women</b>										
13-15 yrs	46	155	2125	69	71	11	1.1	292	30	2000
16-18 yrs	50	158	2125	59	71	11	1.1	292	30	2100
19-29 yrs	54	159	2250	56	75	12	1.1	309	32	2300
30-49 yrs	55	159	2150	57	60	12	1.1	323	30	2300
<b>Pregnant</b>										
Trimester 1			+180	+20	+6	+2	+0.3	+25	+3	+300
Trimester 2			+300	+20	+10	+2	+0.3	+40	+4	+300
Trimester 3			+300	+20	+10	+2	+0.3	+40	+4	+300
<b>Lactating</b>										
First 6 months			+330	+20	+11	+2	+0.2	+45	+5	+800
Second 6 months			+400	+20	+13	+2	+0.2	+55	+6	+650

Appendix 2. Recommended Dietary Allowance of Vitamins for Women 13-49 years, Pregnant Women, and Lactating Women

Age Group	Vit A (mcg)	Vit D (mcg)	Vit E (mcg)	Vit K (mcg)	Vit B1 (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B5 (mg)	Vit B6 (mg)	Folat (mcg)	Vit B12 (mcg)	Biotin (mcg)	Kolin (mg)	Vit C (mg)
<b>Women</b>														
13-15 yrs	600	15	15	55	1.1	1.3	12	5	1.2	400	2.4	25	400	65
16-18 yrs	600	15	15	55	1.1	1.3	12	5	1.2	400	2.4	30	425	75
19-29 yrs	500	15	15	55	1.1	1.4	12	5	1.3	400	2.4	30	425	75
30-49 yrs	500	15	15	55	1.1	1.3	12	5	1.3	400	2.4	30	425	75
<b>Pregnant</b>														
Trimester 1	+300	+0	+0	+0	+0.3	+0.3	+4	+1.0	+0.4	+200	+0.2	+0	+25	+10
Trimester 2	+300	+0	+0	+0	+0.3	+0.3	+4	+1.0	+0.4	+200	+0.2	+0	+25	+10
Trimester 3	+350	+0	+0	+0	+0.3	+0.3	+4	+1.0	+0.4	+200	+0.2	+0	+25	+10
<b>Lactating</b>														
First 6 months	+350	+0	+4	+0	+0.3	+0.4	+3	+2.0	+0.5	+100	+0.4	+5	+75	+25
Second 6 months	+350	+0	+4	+0	+0.3	+0.4	+3	+2.0	+0.5	+100	+0.4	+5	+75	+25

Appendix 3. Recommended Dietary Allowance of Minerals for Women 13-49 years, Pregnant Women, and Lactating Women

Age Group	Calcium (mg)	Phosphor (mg)	Magnesium (mg)	Sodium (mg)	Potassium (mg)	Manganese (mg)	Copper (mcg)	Chromium (mcg)	Iron (mg)	Iodine (mcg)	Zinc (mg)	Selenium (mcg)	Fluoride (mg)
<b>Women</b>													
13-15 yrs	1200	1200	200	1500	4500	1.6	800	22	26	150	16	30	2.4
16-18 yrs	1200	1200	220	1500	4700	1.6	890	24	26	150	14	30	2.5
19-29 yrs	1100	700	310	1500	4700	1.8	900	25	26	150	10	30	2.5
30-49 yrs	1000	700	320	1500	4700	1.8	900	25	26	150	10	30	2.7
<b>Pregnant</b>													
Trimester 1	+200	+0	+40	+0	+0	+0.2	+100	+5	+0	+70	+2	+5	+0
Trimester 2	+200	+0	+40	+0	+0	+0.2	+100	+5	+9	+70	+4	+5	+0
Trimester 3	+200	+0	+40	+0	+0	+0.2	+100	+5	+13	+70	+10	+5	+0
<b>Lactating</b>													
First 6 months	+200	+0	+0	+0	+400	+0.8	+400	+20	+6	+100	+5	+10	+0
Second 6 months	+200	+0	+0	+0	+400	+0.8	+400	+20	+8	+100	+5	+10	+0

#### Appendix 4. Sample menu for workers' lunch (600 kcal)

Sample menu for the women workers is made with assumption that proportion of energy for breakfast, morning snack, lunch, afternoon snack and dinner are 20%, 10%, 30%, 10% and 30%, respectively. Therefore, with energy RDA of WRA ranging from 2125 to 2250 kcal per day, 30% of that would be approximately 600 kcal for lunch. The sample menu below is a common menu in Indonesia and the ingredients are easily found and relatively affordable.

Meals:

- White rice
- Fried chicken with galangal
- Tempeh stir-fry with soy sauce
- Healthy vegetable stir-fry with meatball
- Papaya

No.	Food ingredients	Portion	Weight (gram)	Energy (kcal)	Protein (gram)	Fat (gram)	Carbo-hydrate (gram)	Vit. C (mg)	Vit. A (μg)	Fe (mg)	Na (mg)
1.	White rice	1.5	150	195	3.6	0.30	42.90	0.00	0.00	0.30	0.00
2.	Fried chicken with galangal	1.5	60	137	9.7	10.27	1.49	0.82	197.07	1.25	189.56
3.	Tempeh stir-fry with soy sauce	0.7	35	110	7.3	6.30	7.84	10.57	198.66	1.12	402.12
4.	Healthy vegetable stir-fry with meatball	0.5	50	86	3.3	5.80	6.05	7.40	385.75	1.00	308.10
5.	Papaya	1.5	150	58	0.9	0.20	14.70	93.00	202.50	0.20	4.50
	Total			586	24.8	22.87	72.98	111.79	983.98	3.87	904.28



Figure 2. Clockwise: Fried chicken with galangal, healthy vegetable stir-fry with meatball, white rice, papaya, and tempeh stir-fry with soy sauce

Nutrisurvey (Erhardt 2007, Ministry of Health of the Republic of Indonesia 2007) was used to calculate energy and nutrients in the sample menu. The analysis of each meals are presented below.

a. Fried Chicken with Galangal (7.5 portions)

Ingredients	Quantity
Chicken	500 g
Shallot	40 g
Garlic	15 g
Galangal	10 g
Lime leaves	5 g
Indonesian bay leaves	5 g
Lemongrass	10 g
Salt	6 g
Coriander seeds	10 g
Cooking oil (Palm oil)	50 g

The energy and nutrients analysis for 500 g of chicken with edible part 58%.

Energy (kcal)	Protein (gram)	Fat (gram)	Carbo-hydrate (gram)	Vit. C (mg)	Vit. A (µg)	Fe (mg)	Na (mg)
1965.1	139.1	147.6	21.4	11.8	2831.5	18	2723.5

The menu is for 1 recipe producing 7.5 portions.

b. Tempeh Stir-Fry with Soy Sauce (2 portions)

Ingredients	Quantity
Tempeh	100 g
Green chili	10 g
Shallot	10 g
Garlic	10 g
Red chili	10 g
Sweet soy sauce	10 g
Salt	1.5 g
Pepper	1.5 g
Cooking oil (Palm oil)	10 g

The energy and nutrients analysis for 2 portions of tempeh stir-fry with soy sauce.

Energy (kcal)	Protein (gram)	Fat (gram)	Carbo-hydrate (gram)	Vit. C (mg)	Vit. A (µg)	Fe (mg)	Na (mg)
314.1	20.9	18	22.4	30.2	567.6	3.2	1148.9

c. Healthy Vegetable Stir-Fry with Meatball (1 portion)

Ingredients	Quantity
Carrot	30 g
French Beans	30 g
Baby corn	30 g
Beef meatballs	20 g
Onion	10 g
Garlic	5 g
Red chili	5 g

Ingredients	Quantity
Salt	1.5 g
Sugar	1.5 g
Pepper	1.5 g
Cooking oil (palm oil)	5 g

The energy and nutrients analysis for 1 portion of healthy vegetable stir-fry with meatball.

Energy (kcal)	Protein (gram)	Fat (gram)	Carbo-hydrate (gram)	Vit. C (mg)	Vit. A (□g)	Fe (mg)	Na (mg)
172.2	6.6	11.6	12.1	14.8	771.5	2.0	616.2

Estimated salt intake from each meals in the lunch sample menu is 417.6 mg (fried chicken with galangal), 525 mg (tempeh stir-fry with soy sauce) and 750 mg (healthy vegetable stir-fry with meatball). In total, estimated salt intake from this menu is 1692.6 mg or less than 1 teaspoon.

Estimated cooking oil used for each meals in the lunch menu is 3.48 g (fried chicken with galangal), 3.5 g (tempeh stir-fry with soy sauce) and 2.5 g (healthy vegetable stir-fry with meatball). In total, the cooking oil consumption from this menu is estimated to be 9.48 g or less than 1 tablespoon.

Vegetable consumption from this lunch menu hasn't met the recommendation from Balance Nutrition Guidelines which is 250-400 gram per day (assumption for lunch should be a third of the recommendation or approximately 80-130 gram). This sample menu only served 50 grams of vegetables (0.5 portions of dish c). While, the recommendation for fruits consumption (150-200 gram per day) was met.