

DAFTAR TABEL

Tabel 1.1 Keterbaruan Penelitian	8
Tabel 2.1 Kategori Status Gizi Orang Dewasa Berdasarkan IMT.....	28
Tabel 3.1 Definisi Operational	34
Tabel 4.1 Distribusi pengetahuan gizi, <i>body image</i> , konsumsi zat gizi makro, status gizi pada member dan non member Golds Gym Mall Ciputra.....	41
Tabel 4.2 Distribusi Frekuensi Pertanyaan Pengetahuan Gizi pada member dan non Member Golds Gym Mall Ciputra.....	42
Tabel 4.3 Distribusi Frekuensi Pertanyaan <i>Body Image</i> pada member dan non Member Golds Gym Mall Ciputra.....	43
Tabel 4.4 Perbedaan Pengetahuan Gizi Member dan Non Member Golds Gym Mall Ciputra.....	48
Tabel 4.5 Perbedaan <i>Body image</i> Member dan Non Member Golds Gym Mall Ciputra.....	49
Tabel 4.6 Perbedaan Konsumsi Suplemen Member dan Non Member Golds Gym Mall Ciputra	49
Tabel 4.7 Perbedaan Asupan Energi Member dan Non Member Golds Gym Mall Ciputra.....	50
Tabel 4.8 Perbedaan Asupan Protein Member dan Non Member Golds Gym Mall Ciputra.....	51
Tabel 4.9 Perbedaan Asupan Lemak pada Member dan Non Member Golds Gym Mall Ciputra	51
Tabel 4.10 Perbedaan Asupan Karbohidrat Member dan Non Member Golds Gym Mall Ciputra.....	52
Tabel 4.11 Perbedaan Status Gizi Member dan Non Member Golds Gym Mall Ciputra.....	52