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INTRODUCTION



Ketofastosis is a community that has been hotly discussed in Indonesia since 2016. Ketofastosis is a combination of the terms Ketogenic and Fasting on Ketosis, which is a lifestyle that uses the principle of a ketogenic diet by consuming low carbohydrates, high fat and protein intake, and doing intermittent fasting (Primasari, 2020). In some literature intermittent fasting is used to lose weight and it can also prevent type 2 diabetes and reduce the risk of developing cardiovascular disease (Aly, 2014; Collier, 2013). However, the safety of the ketogenic diet method still needs to be studied, related to the risk of developing certain diseases due to an imbalance in the composition or deficiency of certain nutrients (Kosinski, 2017).

METHODS



- Cross-Sectional Research Design



- Population of 181 people
- Sample 40 people



- Nutrition intake using food recall and food record form
- PAL Questionnaire (Physical Activity Level) Exercise habits Baecke Questionnaire



- Spearman Rank Correlation test



Univariate Analysis

RESULT & DISCUSSION

Bivariate Analysis

Bivariate Analysis	WEIGHT LOSS	
Variable	r	pValue
Carbohydrate Intake	0,015	0,927
Protein Intake	-0,018	0,911
Fat Intake	-0,347*	0,028
PAL Value	-0,220	0,172
Baecke Value	-0,213	0,187

The average respondent has a history of macronutrient intake including: low carbohydrate with a Mean value of 36.16, moderate protein intake with a Mean value of 59.94, and high fat intake with a Mean value of 77.25. The average respondent has a history of physical activity based on the Mean PAL (Physical Activity Level) value of 1.65 and the average respondent has been active in sports based on the Mean Baecke value of 8.31.

Frequency Distribution of Macro Nutrient Intake, Physical Activity and Exercise Habits

	Mean ± SD	Min - Max
Carbohydrate Intake (g)	36,16 ± 24,76	3,84 -104,15
Protein Intake (g)	59,04 ± 26,82	15,34 - 112,77
Fat Intake (g)	77,25 ± 52,79	19,72 - 285,71
PAL Value	1,65 ± 0,32	1,20 - 2,32
Baecke Value	8,31 ± 6,07	1,00 - 25,41

Based on the Spearman Rank trial, the relationship between fat intake and body weight has a negative direction with the strength of the relationship is weak. From the test results obtained the value of $r = -0.347^*$ and $pValue 0.028$ ($p < 0.05$). There is a relationship between fat intake and body weight. Tinsley and La Bounty (2015) also argue that a ketogenic diet and daily intermittent fasting for 12-24 weeks are proven to reduce body weight, blood fat levels, and body fat levels, and total cholesterol levels. In the principle of the ketogenic diet, fat has a portion of 50-65% of the total needs (Fatimah, 2019).

CONCLUSION

There is a significant relationship between fat intake and body weight in members of the ketofastosis community. PV value 0.08 ($p < 0.05$) based on the results of the Spearman Rank correlation test.

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