

Laporan PKM NON regular periode 1 2020  
Nutrisi Kesehatan Jantung dan Pembuluh Darah

The image displays five presentation slides arranged in a 2x3 grid (with the bottom-right cell empty).  
Slide 1: Titled "SEHAT JANTUNG DAN PEMBULUH DARAH" (Heart and Blood Vessel Health) by Dr. Olivia Chantana, M.Gizi, Sp.GK. It features two cartoon illustrations: one of a heart and one of a brain.  
Slide 2: Titled "PENDAHULUAN" (Introduction). It states that heart disease is the leading cause of death (no. 1) and stroke is the second (no. 2). It also notes that heart disease and stroke are the leading causes of death.  
Slide 3: Titled "BOLEH ATAU TIDAK BOLEH" (Allowed or Not Allowed) with a large question mark. It shows a variety of fruits and vegetables.  
Slide 4: Titled "POLA MAKAN SEHAT" (Healthy Eating Pattern). It describes a balanced diet (DIET SEIMBANG) consisting of carbohydrates, protein, fat, fiber, and water. It also mentions meeting individual energy needs. A plate diagram shows the distribution of food groups.  
Slide 5: (Empty)

