

The Differences of Jakarta and Yogyakarta Food Tradisional for Healthy Conditions

Abstract

by

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The cultural of the people in Indonesia is very specific likes Jakarta and Yogyakarta cities have very unique food traditions.

This cultural occording the history of geografis and traditional culture of home industries have different taste.

Jakarta located near the sea, where the salt produced in several islans like in Seribu Islands so the food habits of the people in Jakarta have taste salty.

This condition will be dangerous for our healthy especialy for blood presure.

The food habits of the origin people in Yogyakarta is also specific, that is very sweet, they consume much red sugar in all their food. This condition also danger for our health because it will make diabetes deases.

I think people from Jakarta on Yogyakarta must be careful for this condition.

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