

STEPS TO A HEALTHIER YOU

Be active most days for 30 minutes or more



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Grains

Make half your grains whole grains

- eat at least 3 ounces of whole grains a day

Get about 6 ounces of grains per day.*

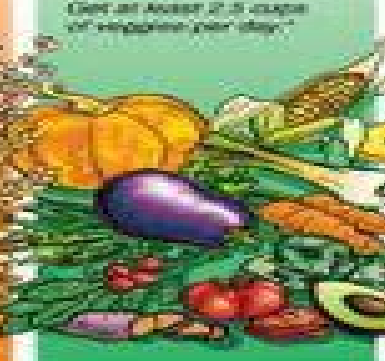


Vegetables

Vary your veggies:

- eat more dark green
- eat more orange
- eat more dried peas and beans (legumes)

Get at least 2-3 cups of veggies per day.*

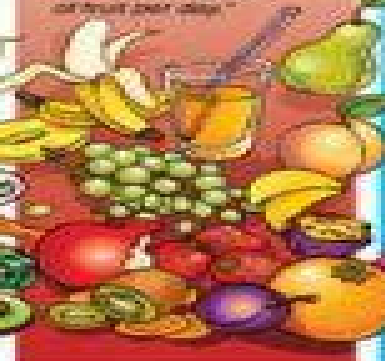


Fruits

Focus on fruit

- eat a variety of fruit
- go easy on the juice and sweets with added sugars

Get at least 2 cups of fruit per day.*



Milk

Get your calcium-rich foods

- choose low-fat or fat-free dairy products or other calcium-rich foods

Get about 3 cups of skim milk or fat-free yogurt per day.*

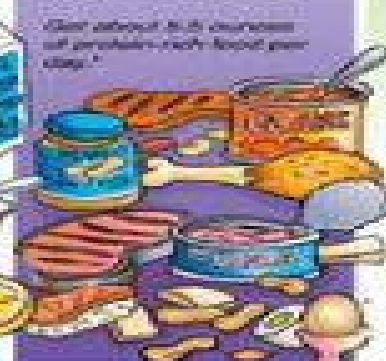


Meat & Beans

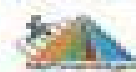
Go lean on protein

- eat more fish, legumes, nuts and seeds
- use lean cuts of meat and white poultry
- prepare with little fat

Get about 4-6 ounces of protein-rich food per day.*



*These amounts are for persons requiring a 2,600-calorie diet. Visit mypyramid.gov for a personal plan according to age, sex and activity level.



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Marco Cascella



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membuat titik berat pita menentukan momen terhadap sumbu x mx dan sumbu y my selanjutnya menghitung titik berat tersebut dengan integral 4 untuk menghitung momen inersia langkahnya dimulai dengan membuat pita sejajar dengan garis l sumbu x dan titik berat pita kemudian dibentuk hasil kali luas

menghitung titik berat dan momen inersia penampang balok i - May 19 2023

sep 7 2023 x 100 8 2 104 mm 10 4 cm sementara untuk sumbu y karena masing masing elemen siku l100x100x10 posisi titik berat cy nya berjarak sama dari sumbu dasar maka titik berat gabungannya juga akan sama y cy 2 71 cm ada rumus umum mencari titik berat gabungan penampang berlaku juga untuk sumbu y

titik berat momentum sudut torsi momen inersia pdf scribd - Feb 04 2022

145 contoh soal dan pembahasan1 sebuah partikel bermassa 0 5 gram melakukan gerak melingkar dengan kecepatan sudut tetap 2 rad s 1 jika jari jari lintasan partikel 10 cm maka momentum sudut partikel itu adalah pembahasan momentum sudut partikel l 0 5 x 10 5 kg m2 2 rad s 1 x 10 5 kg m2 s 2

rumus momen inersia rumushitung com - Sep 11 2022

aug 26 2017 sedangkan bola pejal berjari jari 5 cm dan massa 4 kg jika kedua benda tadi berotasi dengan poros melalui pusatnya maka tentukan perbandingan momen inersia silinder dan bola jawab m s 2kg r s 8 cm 8 10 2 m m b 4kg r b 5 cm 5 10 2 m momen inersia silinder pejal adalah i s 1 2 m s r s 2 1 2 2 8 10 2 2 64 10 4 kg m 2

momen inersia konsep rumus contoh soal momen inersia - Feb 16 2023

besarnya momen inersia suatu benda bergantung terhadap beberapa faktor yaitu massa benda atau partikel geometri benda bentuk letak sumbu putar benda jarak ke sumbu putar benda lengan momen rumus momen inersia besarnya momen inersia i suatu benda bermassa yang memiliki titik putar pada sumbu yang diketahui dirumuskan sebagai berikut

fakultas teknik jurusan teknik sipil universitas brawijaya - Mar 17 2023

menentukan titik berat penampang berhubung momen inersia yang diinginkan akan dipergunakan dalam perhitungan lenturan maka momen inersia ini haruslah diperhitungkan terhadap sumbu yang melalui titik berat penampang keterangan luas a mm2 jarak titik berat thd garis bawah y mm a x y mm3 luas total 40 x 60 2400 30 2400 x 30 72000

contoh perhitungan momen inersia seputar dunia teknik sipil - May 07 2022

dec 1 2009 sekedar pengingat saja untuk persegi momen inersia nya adalah dan lokasi titik beratnya ada pada seperdua lebar dan seperdua tinggi persegi sementara untuk segitiga siku siku momen inersia dan lokasi titik beratnya ada

fakultas teknik jurusan teknik sipil universitas brawijaya - Dec 14 2022

menentukan titik berat penampang berhubung momen inersia yang diinginkan akan dipergunakan dalam perhitungan lenturan maka momen inersia ini haruslah diperhitungkan terhadap sumbu yang melalui titik berat penampang keterangan luas a mm2 jarak titik berat thd alas y mm a x y mm3 luas total 40 x 60 2400 30 2400 x 30 72000 luas

