

## SUMNARY

This is reinforced by the thought that developed in the community that during pregnancy pregnant women should consume about two portions of food from before pregnancy to maintain and maintain the lives of two people, namely the mother and the fetus in the womb, so that pregnant women tend not to limit their intake.

The food ingredients used should include foods that contain protein (animal and vegetable), calcium (milk and its products), carbohydrates (bread and grains), fruit and vegetables and can also contain vitamin C, dark green vegetables and additional substance supplementation. iron and folic acid.

In general, the way to find out whether the salt used by the family contains iodine or not in general can be done in two ways, namely seeing the presence or absence of a label for iodized salt or conducting an iodine test. when tested with iodine the color does not change (Almatsier, 2009) e. Taking nutritional supplements (Fe tablets) Supplements are a combination of two or more vitamins and minerals needed by the body. Iron (Fe) is the most important mineral element needed by the body because role in the formation of hemoglobin.