

**EDUCATIONAL MEDIA POCKET BOOK ON GIVING BEETROOT JUICE  
AND DATES TO INCREASE HB LEVELS IN PREGNANT WOMEN  
WITH MILD ANEMIA**

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**SUMMARY**

**Background:** In Indonesia cases of anemia in pregnant women are quite high and have the potential to endanger both mother and child. Serious attention is needed from all parties involved in health services because it is strongly associated with mortality and morbidity in mother and babies. Efforts to overcome anemia in pregnant women is by giving beetroot and date juice. Beetroot contains copper and folic acid which are very good to help the formation of the baby's brain and overcome the problem of anemia. Dates contains Riboflavin, Pyridoxal, Niacin, and Folate, where 100 grams of dates can meet more than 9% of the body's vitamin needs for a day. **Method:** Using the output description of a pocket book entitled "Giving Beetroot and Date Juice to Increase HB Levels of Pregnant Women With Mild Anemia" was made using the Canva application. **Results:** Pocket book entitled "Giving Beetroot and Date Juice to Increase HB Levels in Pregnant Women with Mild Anemia". **Conclusion:** The creation of this pocketbook media has been created which can be used as a media to increase knowledge about beetroot and date juice to increase the HB levels of pregnant women with mild anemia. **Suggestion:** It is hoped that this pocket book can be used to increase pregnant women's knowledge about increasing HB levels during pregnancy.

**Keywords:** Anemia, Beetroot, Date, Pregnant Women