

**EDUCATIONAL MEDIA POCKET BOOK FOR GIVING MORINGA LEAF
VEGETABLES AND BEEF TO INCREASE HEMOGLOBIN IN PREGNANT WOMEN
WITH ANEMIA**

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SUMMARY

Background: Anemia in pregnancy is mostly caused by iron deficiency due to insufficient dietary iron intake, impaired reabsorption, impaired use, or due to too much iron leaving the body. Pharmalogically based on the Ministry of Health has implemented a program to overcome iron deficiency anemia in pregnant women by distributing iron tablets for 90 consecutive days during pregnancy. Moringa plants and beef are alternatives that can be chosen to help increase the hemoglobin of pregnant women because moringa has iron content in moringa leaves equivalent to twenty-five times the iron contained in spinach as well as beef so that it can be used as an alternative for pregnant women who lack iron naturally. **Method:** using a description of the output of a pocket book with a theme entitled "Benefits of Giving Moringa Leaves and Beef to Increase HB in Pregnant Women with Anemia" made using the canva software application. **Results:** A pocket book entitled "Benefits of Giving Moringa Leaves and Beef to Increase HB in Pregnant Women with Anemia". **Conclusion:** A pocket book entitled "Benefits of Giving Moringa Leaves and Beef to Increase HB in Pregnant Women with Anemia" has been created which is expected to provide information to the public about efforts to increase the HB of pregnant women with anemia by processing moringa leaf soup and beef.

Keywords: anemia, beef, moringa, pregnant women