

**EDUCATIONAL MEDIA POCKETBOOK ON RED DRAGON FRUIT JUICE
(HYLOCEREUS POLYRHIZUS) TO INCREASE HEMOGLOBIN LEVELS
IN PREGNANT WOMEN IN THE THIRD TRIMESTER**

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SUMMARY

Background: Anemia in the third trimester of pregnancy can cause serious complications for both the mother and the fetus. Red dragon fruit is rich in iron and vitamin C, which help increase hemoglobin. However, pregnant women's knowledge of the benefits of this fruit is still lacking. Therefore, it is necessary to create an easy-to-understand educational media pocketbook to raise awareness and prevent anemia in the third trimester of pregnancy. **Objective:** To develop a pocketbook to increase pregnant women's knowledge about the benefits of red dragon fruit in increasing hemoglobin levels in the third trimester. **Method:** This pocketbook was created using the Canva application. The video media then underwent a revision process, with input from the supervisor and three respondents, as well as improvements by the author. **Results:** The pocket book titled "Red Dragon Fruit for Increasing Hemoglobin Levels for Pregnant Women in the Third Trimester" with a file size of 10 MB and 26 pages, contains information on the nutritional content of red dragon fruit, proper consumption methods, and its benefits in increasing hemoglobin levels. The pocket book is also equipped with attractive and easy-to-understand illustrations. **Conclusion:** The pocket book on red dragon fruit juice for increasing hemoglobin levels for pregnant women in the third trimester has been developed as a promotional and educational medium that is attractive to readers and can be accessed anywhere.

Keywords: Pregnant Women, Hemoglobin Levels, Red Dragon Fruit, Pocket Book.