

**EDUCATION OF AMBON BANANA CONSUMPTION TO INCREASE
HEMOGLOBIN LEVELS OF PREGNANT WOMEN
WITH POCKET BOOK MEDIA**

Rusmaniar¹, Winarni² [niar.rusmaniar@gmail](mailto:niar.rusmaniar@gmail.com)

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: During pregnancy, the blood volume of pregnant women increases so that the need for iron increases. In fulfilling nutrition in pregnant women for iron sufficiency, sufficient iron intake is needed. Consuming 2 ambon bananas a day for 7 days is enough to meet the iron intake of pregnant women with anemia. Consuming banana ambon every day for pregnant women is beneficial to overcome anemia. **Methods:** The IEC output method in the form of a Pocket Book media "Education on Consuming Ambon Bananas to Increase Hemoglobin Levels in Pregnant Women" was created using the Canva application. **Results:** The results of the Pocket Book trial with the title "Education on Consuming Ambon Bananas to Increase Hemoglobin Levels in Pregnant Women" were made with a size of 10x13cm with 12 pages in book form. **Conclusion:** The Pocket Book entitled "Education on Consuming Ambon Bananas to Increase Hemoglobin Levels in Pregnant Women" can be used as a medium for communication, information and education.

Keywords: Increase Hemoglobin, Ambon Banana