

**EFFORTS TO INCREASE KNOWLEDGE ABOUT BEETROOT JUICE  
AMONG ADOLESCENT GIRLS WITH ANEMIA THROUGH  
BOOKLET MEDIA**

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**SUMMARY**

**Background:** *Anemia in adolescent girls is a serious health problem in Indonesia, with a prevalence reaching 32%. This condition is largely caused by low iron intake and a lack of knowledge. To address this, beetroot, rich in vitamin C and folate, can be used as a natural solution to increase hemoglobin.* **Objective:** *To increase information for adolescent girls about efforts to increase knowledge about beetroot juice for adolescent girls with anemia through a booklet.* **Methods:** *This booklet was designed using the Canva graphic design platform, containing educational information about anemia and the nutritional content of beetroot juice.* **Results:** *The trial results showed that the anemia education booklet for adolescent girls successfully increased understanding of the benefits of beetroot juice. Respondents assessed the booklet's content as comprehensive and easy to understand. To increase its appeal, several suggestions were made, such as adding visual illustrations, utilizing white space, and including instructions for making beetroot juice.* **Conclusion:** *The booklet proved effective in increasing adolescent girls' knowledge about anemia and the benefits of beetroot juice. This medium is suitable for use in health promotion in various institutions and adolescent communities due to its attractive design and informative content.*

**Keywords:** *Anemia, Booklet, Beetroot Juice, Adolescent Girls*