

**NUTRITION TO PREVENT DISMENOREA  
ON TEENAGE WOMEN**

Nining Hidayati, Anjar Nurrohmah, Dyah Rahmawati R.B.U  
[Nininghidayati765@gmail.com](mailto:Nininghidayati765@gmail.com)  
'Aisyiyah University Surakarta

**SUMMARY/ASSENC**

*Lack of nutritional knowledge in teenagers can be seen from the habit of choosing deviant foods. Generally, teenage women have unhealthy eating habits which is bad for health. These bad habits are not having breakfast, drink less water, unhealthy diet (ignoring protein, carbohydrate, vitamin and mineral sources), low nutritional snacking habits and consuming fast food which is causing a lack of nutrition into the body. Adequate nutritional intake into the body can have an effect on dysmenorrhea. Therefore, adolescents need to be given knowledge about nutrition in order to prevent dysmenorrhoea. One of the media that can be used as education is a pocket book. The nutritional pocket book for preventing dysmenorrhea is a pocket book which is containing text and pictures with the theme of nutrition. This pocket book is small in size so it is easy to put in a pocket and easy to carry anywhere. This pocket book is also designed to be attractive and uses language that is easy to understand and also attracts the readers.*

*Keywords ; Adolescents, Dysmenorrhoea, Nutrition, Pocket Book*