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HEALTHY FOOD IN PREGNANCY

SUMMARY

Background: The problem of iron deficiency anemia experienced by pregnant women occurs in many developing countries where 41.8% of pregnant women in the world are anemic. The World Health Organization (WHO) states that 40% of maternal deaths in developing countries are related to anemia during pregnancy. The main causes of anemia due to iron deficiency and acute bleeding. Pregnant women in Indonesia experience anemia reaching 63.5%, which is very high compared to America which is only 6%. The results of the Riskesdas (2018) stated that 48.9% of pregnant women had anemia. Total of 84.6% occurred in pregnant women aged 15-24 years, ages 25-34 years at 33.7%, and ages 45-54 years by 24%. Fe tablets and lack of knowledge about the importance of iron during pregnancy for both mother and fetus. To provide information about pregnancy, foods that are good for pregnant women and foods that should be avoided, of course, you must pay attention to media that can contain this health information. For this reason, a booklet was chosen as an appropriate medium in providing information about healthy eating during pregnancy. **Objectives:** Increase knowledge of individuals and groups, especially pregnant women and newly married couples, increase interest in reading and facilitate information delivery, and provide ways of choosing healthy foods during pregnancy. **Method:** Use a booklet with the title "Healthy Food in Pregnancy" which is catchy and easy to understand. **Conclusion:** This booklet is entitled "Healthy Foods in Pregnancy" which contains the meaning of Fe / iron, Fe requirement per trimester, benefits of Fe, foods containing Fe and foods that should be avoided by pregnant women. This booklet contains interesting pictures and writings to increase the reading interest of pregnant women and has a simple appearance so that pregnant women will not feel bored, easy to carry anywhere and concise.

Keyword : Pregnant women, healthy food, anemia, booklets