

# NUTRITION EDUCATION DURING PREGNANCY IN PREGNANT WOMEN WITH BOOKLET MEDIA

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## SUMMARY

**Back Ground:** *The results of monitoring nutritional status in Indonesia in 2016, the prevalence of pregnant women at risk of Chronic Energy Deficiency is still high namely 79,3%. Based on data from the Central Java Provincial Health Office, the risk of KEK will be at risk giving birth to a low birth weight baby so that it can indirectly cause death. Therefore it is necessary to provide knowledge education to the public, especially pregnant women, to increase knowledge of pregnant women and provide information about the nutrition needed during pregnancy. **A method:** Providing knowledge education using booklet media with the title "Looks Beautiful During Pregnancy With Nutritious Foods". **Result:** Increase knowledge and information as well as increase the mothers insight about nutrition during pregnancy. Knowledge education using booklet media has the advantage that it can be studied at any time because it is designed in the form of a small book containing material accompanied by pictures and is interesting, can contain more information and is more detailed and clear. **Conclusion:** Knowledge education using booklet media can add information and increase the knowledge of pregnant mother about nutrition during pregnancy.*

**Keywords:** *Pregnant mother, Nutrition during pregnancy, Booklet*

