

GIVING SPINACH JUICE TO INCREASE HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH MILD ANEMIA

NIA SETIYANINGSIH

niasetivaningsih3983@gmail.com

Aisyiah University
Of Surakarta

ESSENCE

Background Anemia in pregnancy is a condition where the hameglobin level is less than 10.5 g/L in the second trimester. Symptoms of anemia include fatigue, frequent dizziness, dizziness, causes of active bleeding in pregnancy anemia, lack of food intake, poor nutrition, chronic kidney disease.

The method used in the form of an output is a poster with the title "giving spinach juice to increase hemaglobin levels in pregnant women with mild anemia".

The result and report of this final project is that a media poster with the title "giving spinach juice to increase hemaglobin levels in pregnant women with mild anemia". Has been created.

The conclusion of this final report there is already a poeter with the title "giving spinach juice to increase hemaglobin levels in pregnant women with mild anemia" hopefully it can be an education medium for the community.

KEYWORDS : Anemia, hameglobin, pregnancy, spinach juice

