

**THE EFFECT OF BEETROOT ON INCREASING HEMOGLOBIN LEVELS
IN PREGNANT WOMEN**

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ABSTRACT

Background; Pregnant women undergo physiological changes during pregnancy, one of which is the alteration in hemoglobin levels due to the process of hemodilution. Hemodilution, or blood dilution, begins around the 10th week and peaks at 32-36 weeks. Beetroots, also known as red beets, contain 42 milligrams of calories, 1.6 grams of protein, 0.1 grams of fat, 108 milligrams of folic acid, 27.0 milligrams of calcium, 43 milligrams of phosphorus, 23 milligrams of vitamin C, 9.6 grams of carbohydrates, and 1.0 milligram of iron. Therefore, beetroot juice can be considered a non-pharmacological alternative in preventing anemia. **The objectives of the research;** Understanding the Effects of Beetroot Juice Consumption on Increasing Hemoglobin Levels in Pregnant Women. **Methods;** This study is a pre-experimental type using quantitative research methods. **Result;** This research shows that the average hemoglobin level before beetroot juice administration was 11.1450 g/dL, and the average hemoglobin level after beetroot juice administration was 12.9650 g/dL, indicating an increase in the average hemoglobin level by 1.82 g/dL. The obtained result yielded a p-value of 0.001 (P-value < 0.05). **Summary;** There is an influence of beetroot juice administration on increasing hemoglobin levels in pregnant women at PMB Tuti Sri Haryani Boyolali.

Keywords: Pregnant women, hemoglobin, beetroot.

