

***THE BENEFITS OF GREEN BEADS IN INCREASING THE
HEMOGLOBIN RATE OF TEENAGE DAUGHTERS
WITH MY BOOK MEDIA***

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SUMMARY

Background: Teenage daughters have a higher risk of developing anemia than teenage boys. In addition to the imbalance of nutritional intake and growth factors, the presence of a monthly menstrual cycle results in adolescent daughters requiring higher iron intake. Iron absorption is a direct factor that can affect the development of anemia in teenage girls. In addition to iron, green beans also contain vitamin C and zinc, which can help to cope with iron deficiency anemia. Half a cup of green bean also contains 7 micrograms of vitamin A. Vitamin A deficiency exacerbates anemia deficiency of iron. **Objective:** To find out what green peanuts are useful for increasing hemoglobin levels in teenage daughters. **Method:** By making a 10x13cm pocket book that contains the importance of consumption of green bean syrup against increased hemoglobin levels in teenage daughters. Pocket book made clearly, briefly, and given nice colours to be interesting readable and easy to understand. **Result:** A pocket book containing 20 pages has been created, and trials have been conducted on three teenage girls, so that with the existence of these pocket books, young girls can learn more about the benefits of green beans. **Conclusion:** There are benefits of consuming green bean vinegar that is useful to boost hemoglobin levels in teenage daughters.

Keywords: *Green beans, Adolescent Anemia, Hemoglobin, Pocket Book.*

