

EDUCATION ON GIVING SPINACH AND ANIMAL PROTEIN FOR ANEMIA IN TEENAGE WOMEN

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SUMMARY

Background: Anemia is a condition where the number of red blood cells or blood hemoglobin is below normal. One of the health problems that is a burden on teenagers, especially young women, is anemia. Teenage girls are susceptible to anemia because they lose a lot of blood during menstruation. It is important to prevent and control anemia in adolescent girls, such as providing adequate nutrition and nutrients such as iron. This condition of iron deficiency is one of the main causes of anemia. One way to meet iron needs can be done by consuming spinach and animal protein. Green vegetables such as spinach are a good source of iron for the body, animal protein also has a more diverse and complete nutritional content. The iron contained in spinach and animal protein is useful for the formation of hemoglobin in the blood. **Objective:** To find out the results of the implementation of education on giving spinach and animal protein for anemia in adolescent girls. **Method:** Using a description of the output of a pocket book with a theme entitled "Education on Giving Spinach and Animal Protein for Anemia in Young Women" created using a Canva software application with a size of 10 x 13 cm. **Results:** Pocket book entitled "Education on Giving Spinach and Animal Protein for Anemia in Adolescent Girls". **Conclusion:** Pocket book media has been created as a means of communicating information and education with the title "Education on Giving Spinach and Animal Protein for Anemia in Young Women". **Suggestion:** It is hoped that it can provide a source of knowledge to young women and the general public regarding the importance of the benefits of consuming spinach and animal protein to prevent and treat anemia.

Keywords: Anemia, Animal Protein. Spinach, Teenage Woman.