

**NUTRITION IN PREGNANT WOMEN AS AN EFFORT TO HANDLE
KEK PREGNANT WOMEN IN THE WORKING AREA OF THE
TRIMOHARJO PUSKESMAS, EAST OKU DISTRICT**

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SUMMARY

Background: Fetal development is strongly influenced by the mother's nutritional intake during pregnancy. If the health and nutritional status of pregnant women is good, then the health of the mother and fetus is also good. Pregnant women need adequate nutrition. Nutritional intake of pregnant women is an important factor both for the fulfillment of nutrition of pregnant women and for the growth and development of the fetus in the womb. The body of pregnant women will experience many physical and hormonal changes during pregnancy so that the intake of pregnant women will affect the health of the mother and fetus in the womb. **Methods:** Using a description of the output of a pocket book with a theme entitled "Nutrition In Pregnant Women As An Effort To Handle Kek Pregnant Women In The Working Area Of The Trimoharjo Puskesmas, East Oku District" made using a canva software application with a size of 10 x 13 cm. **Results:** A pocket book entitled "Nutrition In Pregnant Women As An Effort To Handle Kek Pregnant Women In The Working Area Of The Trimoharjo Puskesmas, East Oku District". **Conclusion:** Can provide a source of knowledge to pregnant women who have problems with pregnancy SEZ in order to understand and understand the importance of balanced nutrition during pregnancy.

Keywords: Fetal Development, Nutrition Intake, Pregnant Women