

**CONSUMPTION OF BOILED EGGS TO PREVENT ANEMIA IN PREGNANT WOMEN
WITH POCKET BOOK EDUCATIONAL MEDIA**

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SUMMARY

Background: Pregnant women experience anemia because during pregnancy, the body undergoes many changes that increase the need for iron and other nutrients. Pregnant women need more iron to increase the volume of the mother's blood, support the growth of the fetus and placenta and replenish iron reserves for childbirth. Efforts to reduce the incidence of anemia in pregnant women can be done by consuming iron tablets (Fe) or types of foods that contain iron, one of which is consuming chicken eggs. *Because inside chicken eggs contain various vitamins and minerals, including vitamin A, riboflavin, folic acid, vitamins B6, B12, choline, iron, calcium and phosphorus.* **Purpose:** IEC (communication, information and education) aims to find out the consumption of boiled eggs to prevent anemia in pregnant women. **Method:** The KIE output method used in the form of a pocket book entitled "Consumption of Boiled Eggs to Prevent Anemia in Pregnant Women" was made using the Canva application which was tested on respondents. **Results:** pocket book entitled "Consumption of Boiled Eggs to Prevent Anemia in Pregnant Women." **Conclusion:** has created a pocket book entitled "Consumption of Boiled Eggs to Prevent Anemia in Pregnant Women" and is ready to be registered with IPR.

Keywords: anemia, pregnant women, hard-boiled eggs

