

**The Infulence of Nutrition Education About *Food Taboo* on Changes in
Nutritional Knowledge in Pregnant Women
(Using Nutrition Counseling Methods in Banjarsengon Village,
Patrang District, Jember Regency)**

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ABSTRACT

Food taboo is still one of the problems for pregnant women in Indonesia because there are still many foods that should be consumed but are actually tabbed by some people. The most widely practiced food taboo incident is in pregnant women in many cultures throughout the world community, because several types of food are believed to affect the health of pregnant women and babies. The purpose of this study is to determine whether the provision of nutrition education with the counseling method will affect the increase in nutritional knowledge in order to change the perception of pregnant women towards food taboos to reduce the risk of nutritional problems caused by the high influence of trust in food taboos in pregnant women. This research is a quantitative research with a quasi-experimental type of research one group pre-post test design. The number of subjects in this study was 16 pregnant women. The results showed that pregnant women experienced an increase in knowledge from previously as many as 16 people (100%) were classified as less, to become classified as good categories (100%) after the intervention. This indicates the influence of nutrition education using the nutrition counseling method regarding food taboo on the knowledge of pregnant women in Banjarsengon Village, with a $p\text{-value} = 0.000 < 0.05$.

Keywords: *Nutrition Education, Nutrition Counseling, Knowledge*