

Food Intake Profile of Pregnant Women with Chronic Energy Deficiency in Ajung Village

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ABSTRACT

During pregnancy, health problems often occur due to suboptimal nutritional intake, one of which is Chronic Energy Deficiency (CED), therefore food intake during pregnancy is very necessary to be considered. Jember Regency health profile data in 2022 states that there are 4,304 CED pregnant women out of 47,635 pregnant women. One of the villages where there are cases of pregnant women in CED is Ajung Village. This study aims to determine the feeding intake profile of pregnant women with chronic energy deficiency (CED) in Ajung Village. This type of research is quantitative descriptive using a cross-sectional design. The non-probability sampling technique with the total sampling method is that all populations are used as subjects. The subjects of this study are pregnant women in CEDs with a total of 11 people. The results of the study were analyzed using the Nutrisurvey 2007 application and SPSS 16.0. The results of this study are the average pregnant women of CED aged 23-25 years (54.6%), primigravida status (72.7%), last high school education (72.7%), housewives (100%), self-employed husbands (63.6%), husband's income below Jember regency minimum wage (100%), gestational age in the third trimester, normal pre-pregnancy BMI and low maternal weight gain during pregnancy. The energy intake of pregnant women in CED in Ajung Village is in the deficit category of 18.2%, adequate energy intake is 18.2% and excess energy intake is 54.5%. The protein intake of CED pregnant women in Ajung Village is in the deficit category as much as 36.4%, adequate protein intake is 18.2% and excess protein intake is 45.5%. The fat intake of CED pregnant women in Ajung Village is in the adequacy category as much as 9.1% and 90.9% is excess fat intake, while the carbohydrate intake of CED pregnant women in Ajung Village is in the deficit category as much as 45.5%, adequacy carbohydrate intake is 27.3%, and as much as 27.3%. Excessive carbohydrate intake.

Keywords: *Dietary Intake, Pregnant women and CED.*