

***Differences in Substance Nutrient Intake And Hemoglobin Anemia In Pregnant Women With And Without Consumption Tablet Fe Mangli The Health Clinic Jember.***

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**ABSTRACT**

Pregnant women are one group of malnutrition due to the increased nutrient requirements to meet the needs of the mother and fetus. The wrong diet in pregnant women can have an impact on nutritional disorder among which anemia, weight gain less in pregnant women and fetal growth restriction. By definition, anemia is a decrease in the number of red blood cells (SDM) to below the normal value, decreasing the quantity of hemoglobin and reduced volume of packed red blood cells (hematocrit) per 100 ml of blood. Thus, anemia is not a diagnosis but a reflection of the fundamental pathophysiological changes described through a thorough anamnesis, physical examination and laboratory confirmation. The purpose of this study was to determine differences in nutrient intake and hemoglobin levels in anemic pregnant women who consume and do not consume iron tablet in Puskesmas Mangli Jember. This type of research used in this study was observational with cross sectional design. Samples were all pregnant women who visited in Puskesmas Mangli Jember. The results of research to test Independent Sample T-Test that there is no difference Fe intake ( $p = 0.200$ ,  $p > 0.05$ ) between anemic pregnant women who consume iron tablet with anemia pregnant women who do not consume iron tablet, there are no differences in protein intake ( $p = 0.198$ ,  $p > 0.05$ ) between anemic pregnant women who consume iron tablet with anemia pregnant women who do not consume iron tablet, there is a difference between the intake of vitamin C ( $p = 0.015$ ,  $p > 0.05$ ) anemia among pregnant women who consume tablets Fe with anemia pregnant women who do not consume iron tablet, there is no difference between zinc intake ( $p = 0.302$ ,  $p > 0.05$ ) between anemic pregnant women who consume iron tablet with anemia pregnant women who do not consume iron tablet, there is no difference between hemoglobin ( $p = 0.868$ ,  $p > 0.05$ ) between anemic pregnant women who consume iron tablet with anemia pregnant women who do not consume iron tablet.

Keywords: Pregnancy Anemia, Fe intake, protein intake, intake of Vitamin C, Zinc intake, and Hemoglobin.