

Hubungan Pola Makan Vegetarian Dengan Status Gizi Dan Kejadian Anemia Pada Komunitas Indonesia Vegetarian Society Cabang Surabaya.
Relationship of Vegetarian Diet with Nutrition Status and Occurrence of Anemia in Indonesian Community Vegetarian Society Surabaya Branch.

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ABSTRACT

A vegetarian diet is a way of setting a diet that only consumes plants and does not eat foods derived from living things such as meat, poultry, fish or processed products. Limitations of the type of food to vegetarians can cause a deficiency of iron intake, vitamin A, vitamin C, vitamin B12, folic acid, or due to nutritional deficiencies in general, making vegetarians more susceptible to nutritional deficiencies, resulting in health problems such as the occurrence of anemia. The purpose of this research is to know the relationship of vegetarian diet with nutritional status and the occurrence of anemia in Indonesian society Vegetarian Society Surabaya Branch. This study was conducted for one month by providing Semi Quantitative Food Frequency Questioner form, anthropometric and laboratory examination. The research design used cross sectional. The statistical test used is Chi-Square and Fisher test. Chi-Square test showed no correlation between carbohydrate consumption level and nutritional status ($p = 0.62$), there was no correlation between fat consumption level and nutritional status ($p = 1$), there was no correlation between protein consumption level and incidence of anemia ($p = 0.453$), there was no correlation between vitamin A consumption level and the incidence of anemia ($p = 1$), there was no correlation between vitamin C consumption level and the occurrence of anemia ($p = 0,203$), there was no correlation between vitamin B12 consumption level and incidence of anemia ($p = 0,483$), There was no correlation between Fe mineral level and the incidence of anemia ($p = 0,652$).

Keywords: Vegetarian, Anemia, Nutrition Status