

# **The Correlation Between Consumption Pattern, and Blood Glucose Level and Weight Gain in Pregnant Women on Their Third Trimester in Patrang Puskesmas, Jember**

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## ***ABSTRACT***

Dietary habit is one of the human's habit to meet the reference daily intake, consisted of the frequency of food consumption, types of foods, and food consumption level. To meet the required reference daily intake, a person needs to consume balanced and high-leveled of nutrient as the General Guidance of Balanced Nutrient (*Pedoman Umum Gizi Seimbang (PUGS)*). During pregnancy, nutrition needs is used to fulfill the pregnant mother's nutrient needs, infant, and also placenta. This study aimed to find the correlation between consumption pattern, and weight gain and blood glucose level in pregnant women on their third trimester in Patrang Puskesmas, Jember.

This study used cross sectional approach, conducted in July to August, 2016. Semi-Quantitative FFQ questionnaire was used as the tool for the data collection. 51 persons were the respondents of this study.

As the data analysis by using Rank Spearman Correlation, it found that the correlation between the frequency of food consumption and blood glucose level was  $p = 0.930$  ( $p > 0.05$ ). Thus it showed that the correlation was not significant between two variables. Yet, the correlation between types of foods and blood glucose level in pregnant women was  $p = 0.049$  ( $p < 0.05$ ). It showed that the correlation was significant enough between types of foods and blood glucose level in pregnant women. The correlation between the consumption level of carbohydrate and the blood glucose level in pregnant women was  $p = 0.830$  ( $p > 0.05$ ). Thus, the correlation between the consumption level of carbohydrate and the blood glucose level in pregnant women was not significant.

The correlation between the frequency of food consumption and weight gain was  $p = 0.720$  ( $p > 0.05$ ). Thus it showed that the correlation was not significant between frequency of food consumption and weight gain variables. The correlation between types of foods and weight gain in pregnant women was  $p = 0.554$  ( $p > 0.05$ ). It showed that the correlation was not significant enough between types of foods and weight gain in pregnant women. The correlation between the consumption level of carbohydrate and weight gain in pregnant women was  $p = 0.030$  ( $p < 0.05$ ). Thus, the correlation between the consumption level of carbohydrate and weight gain in pregnant women was significant enough.

**Keywords :** food consumption pattern, blood glucose level, weight gain