

OVERVIEW OF NUTRIENT CONSUMPTION LEVELS IN PREGNANT WOMEN IN KALISONGO VILLAGE

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ABSTRACT

Background: Chronic Energy Deficiency (CED) in pregnant women is one of the most common nutritional problems in Indonesia, including in Kalisongo Village. CED can have serious impacts on both maternal and fetal health, such as anemia, low birth weight, and pregnancy complications. **Research Objective:** This study aims to describe the level of macronutrient and micronutrient intake among pregnant women with CED in Kalisongo Village, Malang Regency. **Research Method:** A descriptive-analytic method with a quantitative approach was used, involving a 3x24-hour dietary recall interview with 15 respondents diagnosed with CED based on Mid-Upper Arm Circumference (MUAC) measurement < 23.5 cm. **Research Result:** The results showed that most pregnant women with CED had deficient intake levels of energy, protein, fat, carbohydrates, and several micronutrients. Factors such as education, occupation, and meal frequency were found to influence nutrient intake levels. **Conclusion:** In conclusion, the majority of pregnant women with CED in Kalisongo Village have not met the Recommended Dietary Allowance (RDA), indicating the need for continuous nutritional intervention and education.

Keywords: CED, pregnant women, nutrient intake, Kalisongo Village.