

Level of Mother's Knowledge About Nutrition for Pregnant Women in Rimba Soping Village Padangsidempuan Angkola Julu District Year 2022

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Article Info

Article history:

Received April 22, 2022

Revised May 04, 2022

Accepted May 25, 2022

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ABSTRACT

Nutrition Mother pregnant is food healthy and balanced a must consumed Mother during her pregnancy, with two servings of people who don't pregnant. nutritional status Mother before and during pregnant can influence growth fetus. If the nutritional status was normal before and during pregnant possibility big will give birth to healthy baby, enough month with normal weight. In other words quality newborn baby is very dependent on circumstances nutrition Mother before and during pregnant. A Mother pregnant will give birth to healthy baby when level health and nutrition are in good condition. However until moment This Still Lots Mother experiencing pregnant problem nutrition specifically nutrition not enough like not enough Energy Chronic (CED) and nutritional anemia. As for goals study This is for know knowledge Mother about nutrition Mother pregnant in Rimba Soping village Subdistrict Padangsidempuan Angkol Julu. The research design used in study This is descriptive, with big sample of 50 people. Method taking sample is with accidental sampling technique namely take chance sample There is or ready. Study This done on the month January-March 2022. Instruments study This use excess questionnaire before being tested for validity content as many as 20 questions knowledge. Research results show that knowledgeable Good as many as 29 people (58%), and knowledgeable Enough as many as 12 people (24%), and knowledgeable not enough as many as 9 people (18%). Expected power health that has competence in give care and counselling during pregnancy, midwife must capable give quality prenatal care tall For optimizing health during pregnancy including counseling health about importance nutrition Mother pregnant.

Keywords :

Knowledge, Mother, Nutrition for Pregnant Women

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1. INTRODUCTION

Nutritional status Mother before and during pregnant can influence growth medium anin it contains. If the nutritional status was normal before and during pregnant possibility big will give birth to healthy baby, enough month with normal weight . In other words quality newborn baby is very dependent on circumstances nutrition Mother before and during pregnant.

The World Health Organization (WHO) estimates around the world every the year more of 585,000 died moment pregnant or maternity [7] Search results Ministry of Health in 2011, the Maternal Mortality Rate (MMR) in Indonesia was 214 per 100,000 births live . Maternal Mortality Rate (MMR) in the Province Central Java in 2012 based on the results of the Regional Health Survey amounted to 116 per 100,000 births life and numbers death mother in the District Kebumen in 2015 as many as 68.48 per 100,000 births live. According to [2], causes direct death related mothers in Indonesia pregnancy and childbirth. Reason main death Mother including Bleeding 28%, Eclampsia 24%, Infection 11%, Abortion 5%, Long labor 5%, and others.

At Home Sick Roemani Semarang number incident old parturition of 65 people and total deliveries during One in 2009 as many as 49 presentations old parturition still tall that is around 13% [22]. Death Mother can overcome with method increase service health . One of them that is can prevented up to 22% ie through regular Ante Natal Care (ANC) , which can detect early exists complications in pregnancy , life in a manner Healthy with fulfillment balanced

nutrition, implementation initiation breast-feed early in childbirth, as well implementation of pregnancy exercise in a manner regularly [5].

Problems faced in effort lower number death mother (AKI) and numbers neonatal death (AKN) is very complex, so must activity carried out is also described complexity from problem the. Secretary Directorate General Bima Public Health Ministry of Health said that 90% death Mother caused by bleeding, toxemia gravidarum, infection, prolonged labor and abortion complications. Death this is the most happened around actual birth can be prevented with method inspection pregnancy and delivery adequate nutrition. For know mark quality nutrition baby is with method measure baby weight when born. A Mother pregnant will give birth to healthy baby when level health and nutrition are in good condition. However until moment This Still Lots Mother experiencing pregnant problem nutrition especially nutrition not enough like not enough Energy Chronic (CED) and Nutritional Anemia.

definition Knowledge

a. Understanding Knowledge

Knowledge is results sensing human, or results know somebody to object through senses (eyes, nose, ears, etc.). With itself, at times sensing until produce knowledge is highly dependent on intensity attention and perception to object.

b. Knowledge Level

Knowledge somebody to object have intensity or different levels. Broadly speaking shared in 6 levels knowledge, namely:

1) know

Know interpreted as remember something material that has studied before. Including to in knowledge level This is remember return (recall) something specific and whole studied material or stimulation that has accepted. because that, you know This is level lowest knowledge. verb For measure that people know about what is learned among others, can mention, describe, define, state, and so on.

2) Understanding (comprehension)

Understand interpreted as something ability For explain in a manner Correct about known object, and can interpret material the in a manner right. People who have understand to object or material must can explain, mention examples, inferring, predicting, and so on to studied object.

3) Applications

Application interpreted as ability For use material that has learned in situations or real (actual) conditions. Application here can interpreted as application or usage laws, formulas, methods, principles and so on in context or another situation.

4) Analysis (analysis)

Analysis is something ability For describe material or something object to in components, however still inside One structure organization, and still is There is relation One each other. Ability analysis This can seen from use of verbs, such as can describe (create chart), differentiate, segregate, classify, and so on.

5) Synthesis

Synthesis pointing to something ability For put or connect the parts inside something form a whole new. In other words synthesis is something ability For compile formulation new from existing formulations.

6) Evaluation

Evaluation This related with ability For do justification or evaluation to something material or object. Assessments That based on a specified criteria alone, or use criteria that have there.

c. Influencing Factors Knowledge

Influencing factors knowledge someone, namely: 17

1) Education

Meaningful education the guidance given someone on someone else against something things in order for them can understand. No can denied that more tall education somebody the more easy for them accept information, and in the end more he has a lot of knowledge. On the contrary If somebody level his education low, will hinder development attitude somebody to acceptance of new information and values introduced.

2) Work

Environment work can make somebody obtain experience and knowledge Good in a manner direct nor in a manner No direct.

3) Age

With increase age somebody will happen aspect changes physical and psychological (mental). Growth in physique broadly speaking There is four category change first, change size, second, change proportion, third, loss old characteristics, fourth, arising characteristic features new. This happen consequence maturation organ function. On the aspect psychological or mental level think somebody the more ripe and mature.

4) Interest

As something trend or high desire to something . Interest make somebody For try and persevere something things and in the end obtained more knowledge deep .

5) Experience

Something incident ever experienced somebody in interact with environment . There is a trend less experience Good somebody will try For forget , however If experience to object the pleasant so in a manner psychological will arise a very deep and lasting impression in emotion psychology , and finally can also form attitude positive in his life .

6) Culture environment around

Culture Where We live and grow have influence big to formation attitude us . If in an area has culture For guard cleanliness environment then it is very possible public surrounding have attitude For always guard cleanliness environment , because environment matters a lot in formation attitude personal or attitude someone .

7) Information

convenience For obtain something information can help speed up somebody For obtain new knowledge .

d. Measurement Knowledge

Measurement knowledge can done with interview or questionnaire asking about content material you want be measured from subject study or respondent. Depth the knowledge you want is known or be measured can customized with levels above . According to [3] level knowledge shared into 3 levels , namely :

1) Fine , if subject capable answer with correct 76% - 100% of whole question .

2) Enough , if subject capable answer with correct 56% - 75% of whole question .

3) Less, if subject capable answer with Correct

Definition of Pregnant Women

Pregnant Pregnant women is a moderate person in the process of fertilization For continue descent . In body a woman pregnant there is a growing fetus that grows inside uterus . Pregnancy is an important period of life . a Mother pregnant must prepare self the best No raises health problems mother , baby , and during the birth process (Mamuroh , 2019).

Understanding nutrition

nutrition also called nutrition , is studying science regarding food as well as connection with health . Knowledge knowledge about nutrition (nutrition) discusses properties nutrients (substances) contained in food , influence metabolic as well as the consequences that arise when there is deficiency (not sufficient) substance nutrition .

Substances nutrition nothing else is compounds chemical contained in food in turn absorbed and used For increase health body us . There is a number big substance partial nutrition among others , character essential meaning not can synthesized by the body itself so that must consumed from foods us . Substances nutrition essential the includes vitamins, minerals, amino acids , fatty acids and a number carbohydrate as energy . And have is known in a manner general that nutritional status Mother pregnant (pregnant), very affecting growth fetus in content . With thereby so as early as Possible Mother pregnant must given education health about nutrition that can fulfil need fetus and herself during gestation .

In principle nutrition Mother pregnant is food healthy and balanced a must consumed Mother during her pregnancy, with servings of two people's meals that don't pregnant [10].

Nutrition for Pregnant Women

Substance working food as source energy , growth , resources substance development as well as as defense and repair network body . Substance nutrition consists from carbohydrates , proteins, fats, vitamins and minerals needed For life healthy. nutritional status is reflection from size fulfillment need nutrition [1].

Nutrition Balanced

nutrition balanced is arrangement food pregnant everyday substances nutrition in appropriate type and quantity with need body , with notice principle diversity or variation food , activity physique , cleanliness , and ideal body weight . nutrition balanced in Indonesia is visualized in Tumpeng Gizi shape Balanced (TGS) as appropriate with Indonesian culture . TGS was designed For help everyone chooses food with the right type and amount in accordance with various need according to ages (infants , toddlers , adolescents , adults and ages continue), and accordingly circumstances health (pregnancy , lactation , activity) physical pain) .

There are 13 Messages general nutrition Balanced , namely :

1. Eat various variety food
2. Eat fulfilling food need energy
3. Eat source carbohydrate half from need energy
4. Limit fat to a quarter from adequacy energy
5. Use iodized salt
6. Eat food source substance iron
7. Give breast milk to the baby until age six month
8. get used to it Eat Morning

9. Drink clean , safe and sufficient water the amount
10. Get active physical and sports regular
11. Avoid drink drink alcoholic
12. Eat safe food for health
13. Read labels on food packaging .

2.4 Need nutrition Mother pregnant

Quality or quality nutrition and completeness substance nutrition influenced by diversity type food consumed. The more diverse type food consumed the more easy For fulfil need nutrition .

1) Food main (source carbohydrates)

Food tree is containing food frequent carbs consumed or has become part from culture Eat various ethnic groups in Indonesia for a long time. Food tree various , accordingly with circumstances place and culture , examples rice , corn , cassava , sweet potato, taro, sago , and products processed products (bread, pasta, noodles , etc.). Need food tree very Eat is $\frac{2}{3}$ of $\frac{1}{2}$ plate , which is 3 cups of rice (150 grams) or 3 pieces currently potatoes (300 grams) or $1\frac{1}{2}$ cups noodles dry (75 grams).

2) Side dishes (source of protein)

Side dishes consists from food source of animal protein and food source of vegetable protein . Side dishes animal ; meat (beef , goat , deer , etc.), poultry (chicken , duck , etc.), fish are included results sea , eggs , milk and produce though . Whereas side dishes vegetable form tofu , tempeh , nuts (beans lol , peanuts red , peanut ground , peanuts green , etc.). Need side dishes very Eat is $\frac{1}{3}$ of $\frac{1}{2}$ plate , ie side dish animal ; mackerel (75 grams) or 2 pieces currently chicken without skin (80 grams) or 1 grain egg chicken size large (55 grams) or 2 pieces meat cow medium (70 grams), and side dishes vegetable ; tofu (100 grams) or 2 pieces currently tempeh (50 grams).

3) Fruits (source of vitamins and minerals)

Fruits is source various vitamins (vitamins A, B, B1, B6, C), minerals and fiber food . Most vitamins, minerals contained in fruits role as an anti- oxidant . Example fruits i.e. banana , papaya , mango , apple , etc. Need fruits very Eat is $\frac{1}{3}$ of $\frac{1}{2}$ plate , that is 2 slices currently papaya (150 grams) or 2 pieces orange medium (110 grams) or 1 fruit small ambon bananas (50 grams).

4) Vegetables (source of vitamins and minerals)

Vegetables is particularly good source of vitamins and minerals carotene , Vitamin A, Vitamin C, substances iron , and phosphorus . Most vitamins, minerals contained in vegetables role as antioxidants . Some vegetables can consumed raw without cooked especially formerly while others can cooked with method steamed , boiled , and sautéed . Example vegetables that is eggplant, kale, beans , spinach , etc. Need vegetables very Eat is $\frac{2}{3}$ of $\frac{1}{2}$ plate , that is 1 bowl medium (150 grams).

Table 1. Recommendations amount portion according to adequacy energy For group Mother pregnant 1

FOOD MATERIAL	PREGNANT WOMEN (2500kl)
Rice	6 servings
Vegetable	4 servings
Fruit	4 servings
Tempeh	4 servings
Meat	3 servings
Milk	1 portion
Oil	6 servings
Sugar	2 servings

Benefit nutrition during Pregnancy

Adequacy nutrition Mother moment pregnant tight relation with circumstances born baby . The most critical period of pregnancy is the third trimester , ie moment age fetus Already reach six month , fetus will grow fast once . this can seen from increase the mother 's weight is increasing fast when entering the second trimester pregnancy . Besides that is , growth brain fetus during Pregnancy is also greatly influenced by circumstances nutrition mother . Growth cell brain started since twenty Sunday or five months , if happen lack nutrition in the mother , then amount cell neither does a formed brain can reach the amount it should be . Disturbance growth cell brain consequence not enough nutrition will cause the disturbance mental growth in childhood like , ability social child diminished , the child's verbal abilities No so well , children are also lacking capable adapt self with environment . it can influence Intelligence Quotient IQ of children . So that can cause low Power concentration or concentration mind [9].

Message nutrition balanced For Mother pregnant .

1) Get used to it consuming variety food

pregnant women need consuming various variety more food Lots for fulfil need energy , protein, and substances nutrition micro (vitamins and minerals) because used For maintenance , growth and development fetus . Substance nutrition micro important required during pregnant is substance iron , acid folate , calcium , iodine and zinc .

2) Limit consuming foods high in salt

Restrictions salt consumption can prevent hypertension during pregnancy. this caused Because hypertension during pregnancy will increase risk death fetus , regardless placenta , as well disturbance growth .

3) Drink more water Lots

Water requirement for pregnancy increase so you can support circulation fetus , production amniotic fluid and increased blood volume . pregnant women need drinking water intake around 2-3 liters per day (8-12 glasses a day).

4) limit drink coffee

Consumption caffeine on mother pregnant too effect on growth and development fetus , because metabolism fetus Not yet perfect .

5) Wash hand use soap with clean water flow

Importance wash hand in a manner good and true use soap is for cleanliness awake in a manner whole as well as prevent germs and bacteria move from hand to food to be consumed and also for the body No caught germs .

2. METHODS

Research Design

Research design This use statistics descriptive for know level knowledge Mother about nutrition Mother pregnant in the village jungle soping subdistrict padangsidimpuan angkola julu .

Population and Sample

1. Population

Population in study This is women in the village jungle soping subdistrict padangsidimpuan angkola julu as many as 213 people.

2. Samples

Sample in study This is women in the village jungle soping subdistrict padangsidimpuan angkola julu as many as 50 people, engineering taking sample use accidental sampling method that is take accidental respondent There is or available [3].

Research Locations

Research location This done in the village jungle soping subdistrict padangsidimpuan angkola jul . As for the considerations determination location This caused Not yet Once done study previously about nutrition Mother pregnant .

Research Time

Research time This done on the month January -March 2022

Consideration ethics

Study This done after researcher get agreement from work unit agencies , and permits from head village jungle soping . In study This there is a number of thing to pay attention to to Mother as candidate respondent , researcher explain benefits and goals study as well as tell that No There is influence negative that will happen during and after data collection. For guard secrecy, then the questionnaire to be given No include Name respondents on the sheet questionnaire . Obtained data solely used for development knowledge knowledge. After respondent understand and accept intents and purposes research , then respondent requested as well as volunteer For sign sheet agree and continue with charging questionnaire .

Instrument Study

Instrument research used in study This is form compiled questionnaire based on literature . Questionnaire distributed consists of two parts First is demographic data that contains age, education, and occupation while the second data from instrument study containing about knowledge nutrition Mother pregnant. For questionnaire knowledge there are 20 questions with use the ' option double ' . And before questionnaire This shared especially before being tested for validity content that is with consult to lecturer nutrition so that results from whole question said to be valid.

Procedure data collection

Data collection was carried out by researchers Alone after get letter permission researcher from LPPM, then submit letter permission place researcher in the village jungle soping subdistrict padangsidimpuan angkola jul . Researcher come over respondents and explained to they about objective study from research done and asked to respondent , whether respondent ready . After respondent willing so researcher request agreement from respondent For sign letter approval , then respondent welcome For answer all questions that have submitted by researchers in form questionnaire and given time For fill in questionnaire , and researchers explain it . And if nothing yet filled so researcher request respondent For complete it at the moment that too. After the data is collected and complete so done data analysis .

3. RESULTS AND DISCUSSION

Research Results

Based on results research conducted regarding 'Level of Mother's Knowledge About Nutrition for Pregnant Women in Rimba Soping Village Subdistrict Padangsidimpuan Angkol July '. Obtained results as following :

Table 2
Distribution respondent based on characteristics demographics Mother

Characteristics	F	%
Age :		
1. 20-25 years	14	0.28
2. 26-30 years	13	0.26
3. 31-35 years	7	0.14
4. 36-40 years	16	0.32
Education:		
1. junior high school	8	0.16
2. high school	31	0.62
3. College tall	11	0.22
Occupation :		
1. IRT	25	0.5
2. civil servant	11	0.22
3. Businessman	14	0.28

class age is respondent is in the range age between 36-40 years as many as 16 people (0.32%), high school education as many as 31 people (0.62%), IRT jobs as many as 25 people (0.5%).

5.2 Knowledge

Knowledge moms about nutrition Mother pregnant in Soping Jungle Village Subdistrict Padangsidimpuan Angkol July is respondents who have knowledge Good as many as 29 people (58%), meanwhile respondents who have knowledge Enough as many as 12 people (24%), and respondents who have knowledge not enough as many as 9 people (18%). For more he explained can seen in table 5.2 below this .

Table 3
Distribution frequency knowledge Mother about nutrition Mother pregnant in Soping Jungle Village Subdistrict Padangsidimpuan Angkol Julu '

Category	F	%
Good	29	0.58%
Enough	12	0.24 %
Not enough	9	0.18%
Total	50	100%

Discussion

Study obtain characteristic data demographics Mother that is knowledgeable both at the age of 39-40 years (0.32%), 31 people with high school education (0.62%), and 25 people working in the IRT (0.5%)

a. Knowledge mother

Knowledge is important basis For formation action someone ., knowledge That Alone important For support psychology and behavior every day so that can said knowledge is supporting factors action someone . With knowledge can also affect behavior somebody will something decision certain for example just what are our basic ideas / concepts owned , what base knowledge us standard what to wear For make good judgement . As for knowledge mother on research This About Nutrition for Pregnant Women in Rimba Soping Village Subdistrict Padangsidimpuan Angkol July is respondents who have knowledge Good as many as 29 people (0.58%), and knowledgeable Enough as many as 12 people (24%), while those who are knowledgeable not enough as many as 9 people (18%).

From the results the describe that knowledgeable mothers Good as many as 29 people (0.58%) caused by education Mother more the number of senior high school is 31 people (0.62%). See statement above , then level education Mother can influence knowledge Mother about nutrition Mother pregnant . So that more mother Lots educated finally high school got influence knowledge Mother become Good about nutrition Mother pregnant . This in accordance with opinion [2], education is condition main For build public based knowledge and education influence knowledge . And that education put base notions and concepts in individual . Education level participate determine easy nope somebody absorb as well as understand base understanding and concept .

4. CONCLUSION

Respondents with age between 36-40 years as many as 16 people (0.32%), the majority respondent with level High school education as many as 31 people (0.62%), the majority respondent with IRT work as many as 25 people (0.5%). Respondents knowledgeable Good as many as 29 people (58%). To midwives and staff health that has competence in give care and counselling during pregnancy , midwife must capable give quality prenatal care tall For optimizing health during pregnancy including counseling health about importance nutrition for the mother pregnant. To mother pregnant expected For increase knowledge as well as attention to nutrition during pregnancy, so capable do care during pregnancy.

ACKNOWLEDGEMENTS

Author thanks to all my team and I hope the research can be useful especially to the Chancellor of the University of Aufa Royan .

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