

The Importance of Fulfilling Nutrition in Mothers Pregnancy at Talumelito Village

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Abstract. *The purpose of the counseling activity "The Importance of Fulfilling Nutrition for Mothers During Pregnancy in Talumelito Village" is to teach about fulfilling nutrition for pregnant women in Talumelito village, Telaga Biru sub-district. Balanced nutrition for pregnant and lactating mothers indicates that food consumption for pregnant and lactating women must meet the needs for themselves and for the growth and development of the fetus and baby. The method of activity carried out in this activity is percentages with the help of power points, leaflets, lectures and discussions with documentation, materials and attached attendance lists. This service activity can generally be carried out properly on January 16 in Talumelito Village, Telaga Biru District, Gorontalo Regency. This service was attended by 40 participants, both those who took part in counseling and those who took part in demonstrations. From the analysis of the results of the activity, it can be concluded that this community service activity ran smoothly and was of great interest to pregnant women in the village of Talumelito. Health information in counseling adds to the provision of knowledge for pregnant women and those who are planning a pregnancy.*

Keywords: *Nutritional Fulfillment, Gestation Period*

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INTRODUCTION

Balanced Nutrition is a daily food composition that contains nutrients in the type and amount according to the body's needs, taking into account the principles of food diversity, physical activity, clean living behavior, and maintaining normal body weight to prevent nutritional problems.

Balanced nutrition for pregnant and lactating women indicates that food consumption for pregnant and lactating women must meet the needs for themselves and for the growth and development of the fetus and baby (Picciano, 2003). Therefore, pregnant and lactating women need more nutrients than those who are not pregnant or not breastfeeding, but their food consumption remains varied and balanced in quantity and portion (Lingsar et al., 2020).

During pregnancy at least women need about 400 kcal of calories. The increase in these needs is at least 15% of what is consumed normally or in daily life. The need is 40% for the fetus and 60% for the mother. Nutritional intake consumed needs to be considered by pregnant women (Asayehu et al., 2017). The nutritional adequacy rate for pregnant women must be sufficient and balanced (Candela et al., 2011). If nutrition during pregnancy is not fulfilled, it will cause malnutrition and the worst impact will be imperfect fetal growth, low birth weight (LBW) and fetal defects (Pratiwi et al., 2021)

Nutritional requirements during pregnancy:

Carbohydrate: (1) As a source of energy; (2) Can be obtained from types of grains, tubers such as potatoes.

Proteins; (1) As the main substance to build tissues - tissues of the body; (2) Sources of animal protein, meat, fish, poultry, eggs; (3) Vegetable protein sources: soybeans, peanuts, red beans, nuts and others.

Vitamin C; (1) Can increase the body's resistance to infection; (2) Can be obtained from: Yellow fruits such as: oranges, carrots, vegetables

Vitamin A; (1) For the psychomotor development and vision of children; (2) Source of vitamin A; (3) Animal ingredients: - Fish oil, egg yolk; (4) Vegetable ingredients: - Carrots and leaf vegetables such as spinach, kale; (5) Red fruits such as tomatoes and papayas

Iron; (1) For the formation of blood; (2) Can be obtained from: Animal food ingredients such as eggs, liver, meat; (3) Vegetable food ingredients such as nuts, peanuts, soybeans, green vegetables such as spinach, cassava leaves, kale.

Fluid; (1) Water is the largest part of the body. Almost $\frac{3}{4}$ of body weight is water. The body uses water for several functions. Water is the solvent for all the results of digestion, the carrier of waste substances from the cells to the kidneys. Water also helps regulate body temperature. A person needs about 6-8 glasses of water a day; (2) Pregnant women are recommended to drink 2 liters per day; (3) Principles of food for pregnant women □ Eat 1 – 2 plates more than usual during pregnancy; (4) Eat a variety of foods 4-5 times a day to meet the mother's nutrition during pregnancy; (5) Avoid foods that are spicy and fatty; (5) Avoid alcohol, because it can interfere with digestion and the fetus.

There are three sources of water for the body: Through liquids that are drunk such as clean water, milk, fruit juices and so on. Through foods such as raw vegetables, water-rich fruits, soups and other foods that contain lots of water. Through metabolism in the body.

Mineral

Minerals are needed for the formation of blood and bones, the balance of body fluids, healthy nerve function, heart blood vessel system function and others. Minerals function as co-enzymes, enabling the body to perform functions such as energy production, growth and healing (Akram et al., 2020). There are 15 kinds of minerals that the body needs, such as calcium, ferrum, iodine, manganese, chlorine, phosphorus, sulfur, zinc, potassium, sodium, etc. Foods that contain minerals include milk, liver, egg yolks, green vegetables, meat and fish. The benefits of balanced nutrition in pregnant women; (1) For the growth of the fetus in the womb; (2) To maintain the health and strength of the mother's own body; (3) So that labor wounds heal quickly in the puerperium Example of a pregnant woman's diet; (4) Have breakfast

Rice 150 grams = 1 glass

Eggs 60 grams = 1 item

Tempeh 50 grams = 2 pieces

Vegetables 50 grams = $\frac{1}{2}$ cup

Oil 5 grams = $\frac{1}{2}$ tablespoon

Milk 200 cc = 1 cup

10 o'clock: 1 glass of green bean porridge

Lunch / afternoon rice 200 grams = 1 $\frac{1}{2}$ cups

Fish 50 grams = 1 piece

Tempeh 50 grams = 2 pieces

Vegetables 100 grams = 1 cup

Papaya 100 grams = 1 piece

Oil 10 grams = 1 tablespoon

Impact if the mother is malnourished

The impact if the mother is malnourished according to (Sukarni K & p, 2013) includes: (1) Influence for pregnant women; (a) Mother is weak and lacks appetite; (2) Bleeding during pregnancy; (3) The possibility of infection is high; (4) Anemia / lack of blood.

Effect of delivery time; (1) Labor is difficult and long; (2) Premature (premature) labor; (3) Bleeding after delivery.

Influence on the fetus; (1) Miscarriage; (2) Stillborn baby; (3) Congenital defects; (4) Anemia in babies; (5) eLow birth weight.

METHODS

The form of community service activity that will be carried out by Nursing Undergraduate Students Class of 2019 is Counseling on Fulfillment of Nutrition for Pregnant Women in Talumelito Village, Gorontalo Regency. The method of activity carried out in this activity is percentages with the help of power points, leaflets, lectures and discussions with documentation, materials and attached attendance lists.

RESULTS AND DISCUSSION

This service activity can generally be carried out properly on January 16 in Talumelito Village, Telaga Biru District, Gorontalo Regency. This service was attended by 40 participants, both those who took part in counseling and those who took part in demonstrations. This activity was carried out well thanks to good cooperation with the nursing department, faculty of health sciences, Muhammadiyah University of Gorontalo 2019 Nursing Students who became the committee and the surrounding community. Overall the stages of the implementation of community service activities are as follows:

Preparation for dedication

(1) Preparation begins with carrying out a service location survey; (2) Then orally and in writing make an application for permission to carry out the service; (3) Arrange activity plans including preparing things that must be provided during the implementation of activities such as banners, counseling materials, invitations for participants, and other things deemed needed during the implementation of activities

Implementation of activities

On the day of implementation, the activity began with preparing for the opening ceremony, preparing the place for counseling and installing activity banners, this activity involved the committee and the community in Talumelito Village.

Submission of Materials

Submission of material guided by a moderator, delivery of material delivered by other speakers who came from nursing students, about "Fulfillment of Nutrition in Pregnant Women".

Discussion and Q&A

After the material has been delivered, the moderator then invites the participants to provide feedback or questions. There were a few who gave comments regarding the material that had been presented.

Doorpirze Giveaways

After the questions were asked by several participants, the speaker then, give gifts to participants who have asked.

Evaluation and closing

The event was closed by taking a group photo students, lecturers, Babbinkabtibmas, Babinsa, the head of the Telaga Biru Public Health Center and the Talumelito Village Government.

CONCLUSION

From the analysis of the results of the activity, it can be concluded that this community service activity ran smoothly and was of great interest to pregnant women in the village of Talumelito. Health information in counseling adds to the provision of knowledge for pregnant women and those who are planning a pregnancy, lecturers, and students.

SUGGESTION

It is hoped that after this counseling is carried out, it is hoped that the nutritional and nutritional status of pregnant women will improve and make pregnant women aware of the importance of fulfilling their nutrition during the pregnancy process for the health of the mother and fetus in the womb.

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