



# NUTRITION BEFORE CONCEPTION

NENI

- Risk assesment, promosi kesehatan, interfensi

- Memelihara berat badan yang sehat



- Vitamin

- ✓ Asam folat / hari (bial gizi baik diberikan pd trimester akhir)
- ✓ Apakah bumil mengkonsumsi vit A dosis tinggi

- Penggunaan bahan kimia

# Effect of Nutrition status

- Maternal size

Maternal size → placental size → indicator of placental health → determinant

- Weight gain during pregnancy

Penambahan BB ketika hamil

- ✓ Underweight : 18 kg
- ✓ OB : 6 kg



# Recommended Weight

	<b>Total weight gain</b>	<b>1<sup>st</sup> trime</b>	<b>2-3 week</b>
Underweight	12,5 – 18	2,3	0,49
(BMI < 11,5-16)	11,5 - 16	1,6	0,49
Normal (BMI 13,8-26)	-		
Over (BMI 26-29)	7,0 – 11,5	0,9	0,2
OB (BMI >29)	6,0		
Triples/multiples	>22,7		

# Component of Maternal

Organ	Weight
Uetrus	970
Breads	450
Bloods	1250
Water	1680
Fat	3350
Maternal component	7700
Fetus	3400
Placenta	650
Amnion fluids	800
Non maternal	4850
<b>Total</b>	<b>12550</b>

# OBESITY (OBESITAS)

- Resiko:
  - Gestasional DM
  - Pregnancy with hipertension
  - SC
  - IUFD
- Heristant to gain weight during pregnancy
- Harus selalu mengatakan bahwa kehamilan bukanlah saat untuk kehilangan berat badan



# ADOLECENT (Risk factor for poor pregnancy out come in teengers)



- Usia ibu  $\leq 15$  th
- Hamil  $< 2$  tahun setelah menarache
- Rendah nutrisi dan berat ketika hamil rendah
- Infeksi
- Sebelumnya pernah mengalami anemia
- Penyalahgunaan obat-obatan (merokok, alkohol, narkotika)
- Proverty
- Kurang dukungan sosial
- Pendidikan rendah
- Kehamilan yang rapat
- Lack of acces to age – appropriate prenatal care
- Late entry into the health care system

# As Folat & Vitamin

Akibat defisiensi:

- Clinical finding:
  1. Peningkatan BB kecil
  2. Anak BBL
  3. Prematur
- Psikologic:
  1. Primarily as a result of the relaxation of smooth muscle
  2. Esophageal regurgitation





# Energy

- Additional energy is required
- Metabolism ↑ by 15%
  - 1<sup>st</sup> trime : non pregnant
  - 2<sup>nd</sup> trime : 340 – 360
- Nutriens :
  1. As folat : maternal erythropoiesis, fetal & placental growth)
  2. Calsium
  3. Iron
  4. Zink



# The centers (As. Folat)

- Selama usia subur harus meningkatkan konsumsi as. Folat
- 50% kehamilan tidak direncanakan
- Tabung saraf terbentuk sebelum usia 28 hari kehamilan

## Defisiensi as folat

- Anencephali
- Spina bifida: biasanya lumpuh, memerlukan operasi
- Encephalokel

## Sumber:

- Jeruk, pokat, hati, bayam

# IRON & Calcium

## Iron

- RDA 27 mg/hr (18 mg for nonpregnant)
- Many women start pregnancy with poor



## Ca

- Harian: 1000-1300 mg
- Suplementasi diberikan jika ibu tdk mengkonsumsi susu, yogurt, keju
- Apabila Ca tidak cukup, tulang janin dibentuk dari tulang ibu
- Daily intake  $< A 1 \rightarrow$  ca loss from maternal skeleton

# Cafein & Food Believes

## Cafein

- ↑ Risk of 1<sup>st</sup> trimester
- Aborsi spontan : 100 - >500 mg / hr

## Food believes

- Most ♀ change their diets → medical advise, beliefs, food preferences, appetite
- May be idiosyncratic or culturally patterned
- Harmful (kepercayaan):
  1. Elimination of animal protein (mengurangi konsumsi protein)
  2. Attempt to limit weight gain to produce
  3. Smaller fetus → easier delivery

# Pice (Gangguan)

- Consumption of substance with little of nutritional value (direct, clag, ice, chalk, baking, soda, hair, stone, cisquire asks)
- Some pearson relief of nausea & nervus tension



# Mual & Muntah

- Mual trime I (13<sup>th</sup> – 14<sup>th</sup> week)
- Muntah berlebihan defisit protein, energi, vit & mineral
- Dehidrasi → hospitalisasi

## Saran:

1. Bangun tidur ngemil
2. Makan porsi kecil tapi sering
3. Hindari kopi & the
4. Hindari makanan berlemak & berbumbu

# Heart Burn

- Trimester akhir
- Malam hari
- Karena pembesaran uterus

Saran:

1. Kurangi lemak
2. Hindari tidur cepat setelah makan
3. Gunakan pakaian longgar



# Konstipasi & hemoroid

- Trimester 3, akibat tidak aktif

Saran:

1. Konsumsi makanan berserat
2. Ibu aktif
3. Jangan buru2 pakai pencahar







**KEEP OUR BABY BEFORE PREGNANT**

A young girl with dark hair in two pigtails and a sad expression is shown on the left side of the image. She is wearing a red top. To her right is a white rectangular area containing text and a heart symbol.

I  
MISS  
YOU

