



ABSTRACT

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THE DIFFERENCES IN ENERGY AND MACRONUTRIENT INTAKE BASED ON CHRONIC ENERGY DEFICIENCY (CED) INCIDENCE OF PREGNANT WOMEN IN BENGKULU

vi, VI Chapters, 66 Pages, 11 Tables, 2 Figures, 6 Attachments

Background: Pregnancy is a very important period in determining the quality of future human existence. Therefore, pregnant women need sufficient macronutrients intake based on requirements for sustain foetus growth and maintaining her nutritional status. Main factors influencing nutritional status in pregnancies are education, age, gestational age, working and dietary intake.

Objective: To examine the differences in energy and macronutrients intake based on CED incidence among pregnant women in Bengkulu Province.

Methods: The study design was cross-sectional with total pregnant women 1167 respondents. Analysis of data was carried out using Mann Whitney.

Results: Data showed that the age of respondents are between 19-29s (58.8%) with high educational level (51.1%) and the working status are unemployed (68.8%). The median of energy intake, protein, fat and carbohydrate among pregnant women who are at risk CED and not at risk CED 1478 ± 48 kcal, 53 ± 2 g, 30 ± 2 g, 244 ± 9 g and 1647 ± 18 kcal, 58 ± 1 g, 34 ± 1 g, 262 ± 3 g, respectively. The results showed that there are differences in energy, protein and carbohydrate intake based on CED incidence of pregnant women ($p < 0.05$) and there are no differences fat intake based on CED incidence of pregnant women in Bengkulu Province.

Conclusions: Dietary intake for pregnant women who are not at risk of CED are higher than at risk of CED. On the other hand, pregnant women need improve her intake.

Keywords: *energy intake, macronutrients, CED, pregnant women*

References: 48 (1995-2017)