
#### Abstract

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CORRELATION BETWEEN OF CONSUMPTIONS PROTEIN, IRON, VITAMIN C, FIBER, TANNIN AND HEMOGLOBIN LEVEL OF ADOLESCENT GIRLS 1-2 CLASSES IN SMP NEGERI 191 JAKARTA


Xii, VI chapters, 124 pages, 13 tables, 4 pictures
Background: Low hemoglobin level can indicate anemia. Adolescent Girls is one of the vulnerable groups suffering from anemia compared to young men. Anemia have negative effects. The research aims to determine the relationship of the consumption of protein, iron, vitamin C, tannins and the level of hemoglobin in adolescent girls.
Methods: The research do in SMP Negeri 191 Jakarta with cross-sectional desaign. The levels of Hemoglobin were measured using by hemocue, the consumption of protein, iron, vitamin $C$ and fiber using by recall 3 days repeated and food consumption of tannin with food frequency questionare (FFQ) method then counted with nutrisoft. Pearson and spearman correlation and t - test independent was used for bivariate analysis.
Research results: The consumption of protein, iron, vitamin C and fiber less from recommended dietary adequacy (RDA). The consumption protein $46.54 \%$, iron $35.77 \%$, vitamin C $21.85 \%$, fiber $12.21 \%$ from RDA and often consumption of tannin $60.2 \%$. The average hemoglobin level is $11.78 \mathrm{gr} / \mathrm{dL}$. The result shows negative correlation $\mathrm{p}>0.05$ between protein, iron, fiber and hemoglobin, positive correlation $\mathrm{p}<0.05$ between vitamin C and hemoglobin level and there are significant different hemoglobin level based on tannin ( $p<0.05$ ).
Conclusion: Negative correlation between consumption of protein, iron, fiber and hemoglobin level, positive correlation between consumption of vitamin C and hemoglobin level and there are significant different hemoglobin level based on tannin.
Keywords: The levels of hemoglobin, the consumption of protein, fiber, tannins, iron, vitamin C
Reading List : 58 (1989-2015)

