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ANEMIA PREVENTION AMONG THE POSTPARTUM MOTHERS IN SEMARANG REGENCY BY RED SPINACH CONSUMPTION

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Anemia may occur to the postpartum mothers since the blood lost during delivery. Bleeding at the time of delivery will greatly reduce the amount of hemoglobin that postpartum mothers postpartum mothers are prone to anemia. This study is aimed to analyze the effect of red spinach consumption to hemoglobin (Hb) levels in the puerperal women. We employed a quasi-experimental design using pretest-posttest design. Twenty puerperal women from Pringapus Health Centre of Semarang Regency were recruited randomly for consumed 200 mg of red spinach per day in their daily diet for 3 weeks. We revealed a significant increasing of Hb levels at 0.01 difference level after red spinach consumption. The average levels (± SD) of Hb among the experimental group increased from 11.9 ± 1.96 g/dL to 13.5 ± 1.19 g/dL. The data suggested that red spinach can be used as a menu choice of puerperal women for anemia prevention besides iron tablet medication. The postpartum mothers are recommended to consider red spinach in their daily diet.

Keywords: Red spinach, Hemoglobin (Hb), Anemia Prevention, Postpartum Mothers