

GIZI DALAM KEBIDANAN (OBE)



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Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku referensi berjudul *Gizi dalam Kebidanan (OBE)* dapat disusun sebagai sumber bacaan yang informatif, sistematis, dan mudah dipahami oleh masyarakat umum.

Buku ini menyajikan uraian mengenai peran gizi dalam kesehatan reproduksi, kehamilan, persalinan, masa nifas, menyusui, serta tumbuh kembang bayi dan anak. Dengan bahasa yang lugas namun tetap ilmiah, buku ini diharapkan mampu memperluas wawasan pembaca mengenai pentingnya pemenuhan gizi yang tepat dalam mendukung kualitas kesehatan ibu, bayi, dan keluarga.

Sebagai buku yang ditujukan untuk masyarakat umum, penyajian materi disusun secara menarik, terarah, dan aplikatif agar dapat dinikmati oleh berbagai kalangan. Semoga buku ini memberikan manfaat, menumbuhkan kesadaran akan pentingnya gizi, serta menjadi bacaan yang bernilai dalam upaya menjaga kesehatan keluarga dan masyarakat.

Jakarta, Juni 2026

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Buku referensi berjudul **Gizi dalam Kebidanan (OBE)** menyajikan pembahasan komprehensif mengenai peran gizi dalam mendukung kesehatan perempuan, ibu, janin, bayi, dan anak. Ruang lingkup pembahasan mencakup pemenuhan kebutuhan nutrisi pada masa remaja, pranikah, kehamilan, persalinan, nifas, menyusui, hingga masa pertumbuhan anak.

Disajikan dengan gaya bahasa yang komunikatif, buku ini menguraikan keterkaitan antara asupan gizi, kesehatan reproduksi, pencegahan gangguan nutrisi, serta peningkatan kualitas hidup ibu dan anak. Kehadiran buku ini penting bagi masyarakat umum yang ingin memperoleh pemahaman lebih mendalam tentang gizi dalam praktik kebidanan secara terarah, praktis, dan relevan dengan kebutuhan kesehatan keluarga masa kini.