

Gizi Ibu Hamil

Berbasis Pangan Lokal



Dr. Rosdiana, SKM., M.Kes.
Dr. Harniati, S.Kep., Ns., M.Kes., M.si.

Gizi Ibu Hamil Berbasis Pangan Lokal

Dr. Rosdiana, SKM., M.Kes.

Dr. Harniati, S.Kep., Ns., M.Kes., M.si.

PT BUKULOKA LITERASI BANGSA

Anggota IKAPI: No. 645/DKI/2024



Gizi Ibu Hamil Berbasis Pangan Lokal

Penulis : Dr. Rosdiana, SKM., M.Kes., dan Dr. Harniati,
S.Kep., Ns., M.Kes., M.si.
ISBN : 978-634-324-093-8 (PDF)
Penyunting Naskah : Teguh Arief Santoso
Tata Letak : Teguh Arief Santoso
Desain Sampul : Novikean Keysah Sanisri

Penerbit

Penerbit PT Bukuloka Literasi Bangsa

Distributor: PT Yapindo

**Kompleks Business Park Kebon Jeruk Blok I No. 21, Jl. Meruya Ilir Raya
No. 88, Desa/Kelurahan Meruya Utara, Kecamatan Kembangan, Kota
Adm. Jakarta Barat, Provinsi DKI Jakarta, Kode Pos: 11620**

Email: penerbit.blb@gmail.com

Whatsapp: 0878-3483-2315

Website: bukuloka.com

© Hak cipta dilindungi oleh undang-undang Berlaku selama 50 (lima puluh) tahun sejak ciptaan tersebut pertama kali dilakukan pengumuman. Dilarang mengutip atau memperbanyak sebagian atau seluruh isi buku ini tanpa izin tertulis dari penerbit. Ketentuan Pidana Sanksi Pelanggaran UU No. 28 Tahun 2014 Tentang Hak Cipta.

1. Barang siapa dengan sengaja dan tanpa hak melakukan perbuatan sebagaimana dimaksud dalam Pasal 2 ayat (1) atau Pasal 49 ayat (1) dan ayat (2) dipidana dengan pidana penjara masing-masing paling singkat 1 (satu) bulan dan/atau denda paling sedikit Rp1.000.000,00 (satu juta rupiah), atau pidana penjara paling lama 7 (Tujuh) tahun dan/atau denda paling banyak Rp5.000.000.000,00 (lima miliar rupiah).
2. Barang siapa dengan sengaja menyerahkan, menyiarkan, memamerkan, mengedarkan atau menjual kepada umum suatu ciptaan atau barang hasil pelanggaran Hak Cipta atau Hak Terkait sebagaimana dimaksud pada ayat (1) dipidana dengan pidana penjara paling lama 5 (lima) tahun dan/atau denda paling banyak Rp500.000.000,00 (lima ratus juta rupiah).

KATA PENGANTAR

Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku berjudul Gizi Ibu Hamil Berbasis Pangan Lokal dapat tersusun dan hadir di hadapan pembaca. Kehadiran buku ini merupakan wujud kepedulian terhadap pentingnya pemenuhan gizi bagi ibu hamil dengan memanfaatkan potensi pangan yang ada di sekitar kita.

Buku ini ditujukan untuk masyarakat umum sehingga dapat dibaca oleh berbagai kalangan tanpa batasan tertentu. Isi di dalamnya disajikan dengan bahasa yang mudah dipahami, membahas pentingnya asupan gizi seimbang selama masa kehamilan dengan memanfaatkan bahan pangan lokal yang lebih mudah dijangkau dan diolah dalam kehidupan sehari-hari.

Sebagai buku yang dipasarkan untuk masyarakat luas, karya ini diharapkan dapat menjadi sumber informasi yang bermanfaat, memperluas wawasan, serta mendorong pemanfaatan teknologi dan komunikasi secara efektif dalam kegiatan budidaya perikanan. Semoga buku ini memberikan manfaat dan inspirasi bagi seluruh pembaca dalam mendukung kemajuan akuakultur di Indonesia.

Jakarta, Juli 2026

Tim Penyusun

DAFTAR ISI

KATA PENGANTAR.....	iii
DAFTAR ISI.....	iv
Bab 1: Gizi Ibu Hamil dan Kesehatan Generasi.....	1
1.1 Konsep Dasar Gizi Ibu Hamil	1
1.2 Peran Gizi dalam Masa Kehamilan	6
1.3 Dampak Kekurangan Gizi pada Kehamilan	11
1.4 Pentingnya Pemenuhan Gizi Sejak Awal Kehamilan	16
Bab 2: Kekurangan Energi Kronis pada Ibu Hamil	22
2.1 Pengertian Kekurangan Energi Kronis.....	22
2.2 Penyebab Kekurangan Gizi Selama Kehamilan.....	27
2.3 Dampak KEK terhadap Ibu dan Bayi.....	32
2.4 Pencegahan KEK pada Ibu Hamil.....	36
Bab 3: Kondisi Gizi Ibu Hamil di Wilayah Pedesaan	42
3.1 Gambaran Masalah Gizi di Pedesaan	42
3.2 Faktor Sosial Ekonomi dan Gizi Kehamilan	47
3.3 Akses terhadap Layanan Kesehatan Ibu.....	52
3.4 Potensi Lokal dalam Mengatasi Masalah Gizi	58
Bab 4: Kebutuhan Nutrisi Selama Kehamilan.....	63
4.1 Kebutuhan Energi Ibu Hamil	63
4.2 Kebutuhan Protein Selama Kehamilan.....	68
4.3 Kebutuhan Mikronutrien Penting.....	73
4.4 Keberagaman Makanan Ibu Hamil.....	79
Bab 5: Pangan Lokal sebagai Sumber Gizi	85
5.1 Konsep Pangan Lokal.....	85

5.2 Pangan Lokal dalam Kesehatan Ibu Hamil	90
5.3 Keunggulan Intervensi Berbasis Pangan Lokal.....	95
5.4 Pangan Lokal dan Ketahanan Pangan Keluarga.....	100
Bab 6: Kedelai sebagai Sumber Protein Nabati.....	105
6.1 Mengenal Kedelai sebagai Bahan Pangan.....	105
6.2 Kandungan Gizi Kedelai	110
6.3 Manfaat Kedelai bagi Kesehatan Ibu Hamil	115
6.4 Potensi Kedelai dalam Program Gizi	120
Bab 7: Susu Kedelai untuk Gizi Ibu Hamil	126
7.1 Konsep Dasar Susu Kedelai	126
7.2 Kandungan Nutrisi Susu Kedelai	131
7.3 Manfaat Susu Kedelai bagi Ibu Hamil	136
7.4 Susu Kedelai dan Susu Ibu Hamil Komersial	140
Bab 8: Pengolahan Susu Kedelai Berbasis Rumah Tangga...	144
8.1 Pemilihan Bahan Baku Kedelai.....	144
8.2 Tahapan Pembuatan Susu Kedelai	149
8.3 Keamanan dan Kebersihan Pangan	154
8.4 Peningkatan Penerimaan Konsumen	160
Bab 9: Pemantauan Status Gizi Ibu Hamil	166
9.1 Pengukuran Berat Badan Ibu Hamil.....	166
9.2 Indeks Massa Tubuh sebagai Indikator Gizi	171
9.3 Lingkar Lengan Atas sebagai Indikator Praktis	176
9.4 Pemanfaatan Hasil Pemantauan Gizi	181
Bab 10: Penerimaan Ibu Hamil terhadap Susu Kedelai	186
10.1 Faktor Rasa dan Kebiasaan Konsumsi	186
10.2 Kepatuhan Konsumsi Susu Kedelai	191
10.3 Keluhan yang Mungkin Muncul.....	196
10.4 Edukasi untuk Meningkatkan Penerimaan	200

Bab 11: Dukungan Keluarga dan Masyarakat	205
11.1 Peran Keluarga dalam Gizi Ibu Hamil	205
11.2 Peran Kader Kesehatan	210
11.3 Peran Bidan dan Posyandu	216
11.4 Pendekatan Komunitas dalam Intervensi Gizi	221
Bab 12: Penguatan Program Gizi Berbasis Pangan Lokal	228
12.1 Integrasi Susu Kedelai dalam Program Gizi	228
12.2 Pengembangan Produk Pangan Lokal Bergizi	233
12.3 Kontribusi terhadap Ketahanan Pangan Daerah.....	239
12.4 Rekomendasi Program Berkelanjutan	244
Daftar Pustaka.....	250
Profil Penulis	265

Daftar Pustaka

- Hanson, M. A., Bardsley, A., De-Regil, L. M., Moore, S. E., Oken, E., Poston, L., Ma, R. C. W., McAuliffe, F. M., Maleta, K., Purandare, C. N., Yajnik, C. S., & Rushwan, H. (2020). The International Federation of Gynecology and Obstetrics (FIGO) recommendations on adolescent, preconception, and maternal nutrition: “Think Nutrition First”. *International Journal of Gynecology & Obstetrics*, 149(S1), 3–6.
- Stephenson, J., Heslehurst, N., Hall, J., Schoenaker, D. A. J. M., Hutchinson, J., Cade, J. E., Poston, L., Barrett, G., Crozier, S. R., Barker, M., Kumaran, K., Yajnik, C. S., Baird, J., & Mishra, G. D. (2018). Before the beginning: Nutrition and lifestyle in the preconception period and its importance for future health
- Apostolopoulou, A., Tranidou, A., Tsakiridis, I., Magriplis, E., Dagklis, T., & Chourdakis, M. (2024). Effects of nutrition on maternal health, fetal development, and perinatal outcomes. *Nutrients*, 16(3), 375.
- Kheirouri, S., & Alizadeh, M. (2021). Maternal dietary diversity during pregnancy and risk of low birth weight in newborns: A systematic review. *Public Health Nutrition*, 24(14), 4671–4681.

- Khammarnia, M., Ansari-Moghaddam, A., Govahi Kakhki, F., Clark, C. C. T., & Barahouei, F. B. (2024). Maternal macronutrient and energy intake during pregnancy: A systematic review and meta-analysis. *BMC Public Health*, 24, 478.
- Vassallo, M., Iannuzzi, G., Di Carlo, C., & Colleagues. (2026). Maternal nutrition during pregnancy and fetal outcome, short- and long-term implications. *Nutrients*, 18(9), 1375.
- Bourassa, M. W., Osendarp, S. J. M., Adu-Afarwuah, S., Ahmed, T., Ajello, C., Bergeron, G., Darnton-Hill, I., Gernand, A. D., Hurley, K. M., McDonald, C. M., Moore, S. E., Neufeld, L. M., O'Brien, K. O., Ramakrishnan, U., & Young, M. F. (2024). Associations of maternal nutritional status and supplementation during pregnancy with offspring outcomes in low- and middle-income countries: An overview of reviews. *Nutrients*, 16(21).
- Stephenson, J., Heslehurst, N., Hall, J., Schoenaker, D. A. J. M., Hutchinson, J., Cade, J. E., Poston, L., Barrett, G., Crozier, S. R., Barker, M., Kumaran, K., Yajnik, C. S., Baird, J., & Mishra, G. D. (2021). Before the beginning: Nutrition and lifestyle in the preconception period and its importance for future health. *The Lancet*, 391(10132), 1830–1841.
- Nuradhiani, A. (2022). Review pola konsumsi dan pengetahuan gizi pada kejadian kekurangan energi kronis (KEK) ibu hamil di wilayah perkotaan. *Tirtayasa Medical Journal*, 2(1).

- Wati, E. K., Murwani, R., Kartasurya, M. I., & Sulistiyani. (2024). Determinants of chronic energy deficiency (CED) incidence in pregnant women: A cross-sectional study in Banyumas, Indonesia. *Narra J*, 4(1).
- Kheirouri, S., & Alizadeh, M. (2021). Maternal dietary diversity during pregnancy and risk of low birth weight in newborns: A systematic review. *Public Health Nutrition*, 24(7), 2077–2085.
- Lee, Y. Q., & Shin, H. W. (2022). Maternal nutrition knowledge and dietary behaviors during pregnancy: A systematic review. *Nutrients*, 14(23), 5079.
- Ismawati, V., Kurniati, F. D., Suryati, S., & Oktavianto, E. (2021). Kejadian stunting pada balita dipengaruhi oleh riwayat kurang energi kronik pada ibu hamil. *Syifa' MEDIKA: Jurnal Kedokteran dan Kesehatan*, 11(2), 126–138.
- Maolida, G. A., Nurhendriyana, H., & Nurbaniwati, N. (2024). Hubungan ibu hamil dengan kekurangan energi kronis dan rutinitas antenatal care terhadap kejadian berat bayi lahir rendah di Puskesmas Sitopeng periode Januari 2021–Juni 2024. *PREPOTIF: Jurnal Kesehatan Masyarakat*.
- González-Monroy, C., García-Rodríguez, A., González-Rodríguez, L. G., & Sánchez-Migallón, A. (2024). Dietary habits and nutritional knowledge of pregnant women: The importance of nutritional education. *Foods*, 13(19), 3189.
- Yang, C., Becquet, R., Huybregts, L., Somé, J. W., Zida, A., Hien, H., Lefèvre, P., et al. (2025). Maternal balanced energy-

- protein supplementation reshapes the maternal gut microbiome and improves birth outcomes. *Nature Communications*, 16, 1–16.
- Mahmudiono, T., Nindya, T. S., Andrias, D. R., Megatsari, H., & Rosenkranz, R. R. (2021). The double burden of malnutrition and dietary patterns in rural Central Java, Indonesia. *The Lancet Regional Health – Western Pacific*, 14.
- Rahma, S., Putri, D., Sari, N., & Fitriani, R. (2025). Is food insecurity higher among pregnant women in rural areas of Indonesia? *Gülhane Medical Journal*, 67(1).
- Lassi, Z. S., Padhani, Z. A., Rabbani, A., Rind, F., Salam, R. A., & Bhutta, Z. A. (2020). Essential pre-pregnancy and pregnancy interventions for improved maternal, newborn and child health. *Reproductive Health*, 17(Suppl. 2), 131.
- Ruel, M. T., Quisumbing, A. R., & Balagamwala, M. (2023). Nutrition-sensitive agriculture: What have we learned and where do we go from here? *Global Food Security*, 36, 100674.
- Aboagye, R. G., Okyere, J., Ahinkorah, B. O., Seidu, A.-A., Zegeye, B., Amu, H., & Yaya, S. (2022). Health insurance coverage and timely antenatal care attendance in sub-Saharan Africa. *BMC Health Services Research*, 22(1), 181.
- Permatasari, T. A. E., Rizqiya, F., Kusumaningati, W., Suryaalamshah, I. I., & Hermiwahyoeni, Z. (2021). The effect of nutrition and reproductive health education of pregnant

- women in Indonesia using quasi experimental study. *BMC Pregnancy and Childbirth*, 21(1), 180.
- Kennedy, G., Fanzo, J., & Cogill, B. (2020). Nutrition, food systems and sustainable diets: Understanding the linkages. *Advances in Nutrition*.
- Melse-Boonstra, A., van Vliet, I., Talsma, E. F., Brouwer, I. D., & Kennedy, G. (2025). Food Biodiversity and Its Association with Diet Quality and Health Outcomes: A Systematic Scoping Review. *Advances in Nutrition*.
- Bourassa, M. W., Osendarp, S. J. M., Adu-Afarwuah, S., Ahmed, T., Ajello, C., Bergeron, G., Darnton-Hill, I., Gernand, A. D., Hurley, K. M., McDonald, C. M., Moore, S. E., Neufeld, L. M., O'Brien, K. O., Ramakrishnan, U., & Young, M. F. (2024). Associations of maternal nutritional status and supplementation during pregnancy with offspring outcomes in low- and middle-income countries: An overview of reviews. *Nutrients*, 16(21).
- Stephenson, J., Heslehurst, N., Hall, J., Schoenaker, D. A. J. M., Hutchinson, J., Cade, J. E., Poston, L., Barrett, G., Crozier, S. R., Barker, M., Kumaran, K., Yajnik, C. S., Baird, J., & Mishra, G. D. (2021). Before the beginning: Nutrition and lifestyle in the preconception period and its importance for future health. *The Lancet*, 391(10132), 1830–1841.
- Koletzko, B., Godfrey, K. M., Poston, L., Szajewska, H., van Goudoever, J. B., de Waard, M., & Brands, B. (2023). Nutrition during pregnancy, lactation and early childhood

- and its implications for maternal and long-term child health: The Early Nutrition Project recommendations. *Annals of Nutrition and Metabolism*, 79(Suppl. 1), 1–20.
- Mousa, A., Naqash, A., & Lim, S. (2024). Macronutrient requirements during pregnancy and their impact on maternal and fetal outcomes: A review. *Nutrients*, 16(4), 521.
- Bourassa, M. W., Osendarp, S. J. M., Adu-Afarwuah, S., Ahmed, S., Ajello, C., Bergeron, G., Black, R., Christian, P., Cousens, S., de Pee, S., & lainnya. (2021). Review of the evidence regarding the use of antenatal multiple micronutrient supplementation in low- and middle-income countries. *Annals of the New York Academy of Sciences*, 1494(1), 6–34.
- World Health Organization. (2023). WHO recommendations on antenatal care for a positive pregnancy experience: Update on calcium supplementation during pregnancy.
- Gernand, A. D., & Schulze, K. J. (2022). Maternal dietary patterns and pregnancy outcomes. *Current Developments in Nutrition*, 6(Suppl. 1), nzac051.
- Leroy, J. L., Frongillo, E. A., Dewan, P., & Ruel, M. T. (2022). Can dietary diversity indicators be used to assess food security and nutritional adequacy? A review of evidence. *Current Opinion in Biotechnology*, 44, 98–105.
- Ariani, M. (2021). Diversifikasi konsumsi pangan lokal untuk mendukung ketahanan pangan dan perbaikan gizi

- masyarakat Indonesia. *Forum Penelitian Agro Ekonomi*, 39(1), 1–16.
- Suryana, A. (2020). Peran pangan lokal dalam mewujudkan kemandirian dan ketahanan pangan nasional. *Jurnal Pangan*, 29(3), 189–200.
- Imdad, A., & Bhutta, Z. A. (2022). Maternal nutrition and birth outcomes: Effect of balanced energy and protein supplementation. *Nutrients*, 14(3), 589.
- Leone, A., Spada, A., Battezzati, A., Schiraldi, A., Aristil, J., & Bertoli, S. (2021). Cultivation, genetic, ethnopharmacology, phytochemistry and pharmacology of *Moringa oleifera* leaves: An overview. *International Journal of Molecular Sciences*, 22(18), 9985.
- Herforth, A., Bai, Y., Venkat, A., Mahrt, K., Ebel, A., & Masters, W. A. (2020). Cost and affordability of healthy diets across and within countries. Background Paper for The State of Food Security and Nutrition in the World 2020.
- Ruel, M. T., Quisumbing, A. R., & Balagamwala, M. (2020). Nutrition-sensitive agriculture: What have we learned so far? *Global Food Security*, 17, 128–153.
- Muriuki, J., Hudson, D., & Fuad, S. (2024). Household resilience and mitigating strategies to conflicts and shocks: Evidence from household data in Uganda and Malawi. *Development Southern Africa*, 1–17.
- Pal, A., Moruzzo, R., Riccioli, F., & Mason, M. C. (2024). Promoting resilient and sustainable food systems: A

- systematic review of local food systems and short food supply chains. *Journal of Cleaner Production*, 434, 139842.
- Messina, M. (2022). Soy foods, isoflavones, and health: An overview of epidemiologic and clinical evidence. *Nutrients*, 14(6).
- Rizzo, G., & Baroni, L. (2023). Soy, soy foods and their role in vegetarian diets. *Nutrients*, 15(4).
- Li, S., Shah, N. P., & Xu, X. (2020). Isoflavones in soybeans and soy foods: Biological functions and health benefits. *Food Research International*, 137, 109702.
- Messina, M. (2022). Soybean proteins and human health: An update. *Nutrients*, 14(23), 5022.
- Messina, M. (2022). Soy foods, isoflavones, and health: An overview of the evidence. *Nutrients*, 14(21), 4609.
- Ahn, J., Kim, J., & Kum, J. S. (2021). Recent innovations in processing technologies for improvement of nutritional quality of soymilk. *Critical Reviews in Food Science and Nutrition*, 63(2), 252–269.
- Mäkinen, O. E., Wanhalinna, V., Zannini, E., & Arendt, E. K. (2023). An updated review of soy-derived beverages: Nutrition, processing, and bioactivity. *Foods*, 12(14), 2665.
- Lima, M. A. C., Silva, A. C. O., Oliveira, R. S., & Carvalho, C. W. P. (2024). Bioactive compounds and antioxidant properties of soy-based foods: A review. *Foods*, 13(2), 287.
- Messina, M. (2022). Soy protein, soybean isoflavones, and health outcomes: An update. *Nutrients*, 14(9), 1853.

- Messina, M. (2022). Soy foods, isoflavones, and the health of postmenopausal women. *The American Journal of Clinical Nutrition*, 116(Supplement_1), 709S–728S.
- Rahfiludin, M. Z., Aruben, R., & Suryoputro, A. (2021). Pengaruh pemberian makanan tambahan terhadap peningkatan status gizi ibu hamil dengan kekurangan energi kronis. *Media Kesehatan Masyarakat Indonesia*, 20(3), 188–195.
- Messina, M. (2024). Soy foods and soybean isoflavones and women's health. *Nutrients*, 16(3), 387.
- Singhal, S., Baker, R. D., & Baker, S. S. (2024). A comparison of the nutritional value of cow's milk and non-dairy beverages. *Journal of Pediatric Gastroenterology and Nutrition*, 78(2), 215–222.
- Messina, M. (2022). Soybean foods and soybean isoflavones and women's health: An update. *Nutrients*, 14(13).
- Rizzo, G., & Baroni, L. (2023). Soy, soy foods and their role in vegetarian diets. *Nutrients*, 15(4).
- Cai, T. D., Chang, K. C., Shih, M. C., Hou, H. J., & Ji, M. (2021). Production and processing of soy milk and its nutritional quality: A review. *Food Science and Human Wellness*, 10(4), 487–496.
- Messina, M. (2022). Soybean foods and soybean proteins in the prevention and treatment of chronic diseases. *Nutrients*, 14(18), 3778.
- Food and Agriculture Organization. (2022). Food hygiene basic texts. Rome: FAO.

- Mäkinen, O. E., Wanhalinna, V., Zannini, E., & Arendt, E. K. (2021). Foods for special dietary needs: Non-dairy plant-based milk substitutes and fermented dairy-type products. *Critical Reviews in Food Science and Nutrition*, 61(20), 3393–3406.
- Contento, I. R. (2020). *Nutrition education: Linking research, theory, and practice* (4th ed.). Jones & Bartlett Learning.
- Mefleh, M., Pasqualone, A., Caponio, F., Summo, C., & Paradiso, V. M. (2022). Consumer acceptance and sensory evaluation of plant-based beverages: A review. *Foods*, 11(20), 3201.
- Goldstein, R. F., Abell, S. K., Ranasinha, S., Misso, M., Boyle, J. A., Black, M. H., Li, N., Hu, G., Corrado, F., Rode, L., Kim, Y. J., Haugen, M., Song, W. O., Kim, M. H., Bogaerts, A., Devlieger, R., Chung, J. H., & Teede, H. J. (2023). Gestational weight gain across continents and maternal and infant outcomes: Updated evidence and implications for clinical practice. *The Lancet Diabetes & Endocrinology*, 11(4).
- Black, R. E., Victora, C. G., Walker, S. P., Christian, P., de Onis, M., Ezzati, M., Grantham-McGregor, S., Katz, J., Martorell, R., & Uauy, R. (2021). Maternal and child undernutrition and overweight in low-income and middle-income countries. *The Lancet*.
- Victora, C. G., Christian, P., Vdaletti, L. P., Gatica-Domínguez, G., Menon, P., & Black, R. E. (2021). Revisiting maternal and child undernutrition in low-income and middle-income

- countries: Variable progress towards an unfinished agenda. *The Lancet*.
- World Health Organization. (2020). WHO recommendations on antenatal care for a positive pregnancy experience. World Health Organization.
- Goldstein, R. F., Abell, S. K., Ranasinha, S., Misso, M., Boyle, J. A., Harrison, C. L., Black, M. H., Li, N., Hu, G., Corrado, F., Rode, L., Kim, Y. J., Haugen, M., Song, W. O., Kim, M. H., Bogaerts, A., Devlieger, R., Chung, J. H., & Teede, H. J. (2023). Gestational weight gain across continents and maternal and infant outcomes: Updated evidence and implications for pregnancy care. *The Lancet Global Health*, 11(4), e562–e571.
- World Health Organization. (2024). Body mass index and anthropometric indicators for health assessment. Geneva: World Health Organization.
- Berhe, K., Gebreslasie, K., Kahsay, H., & Haftu, M. (2022). Mid-upper arm circumference as an indicator of nutritional status and pregnancy outcomes among pregnant women: A systematic review. *BMC Nutrition*, 8(1), 115.
- Tang, A. M., Dong, K., Deitchler, M., Chung, M., Maalouf-Manasseh, Z., Tumilowicz, A., & Wanke, C. (2023). Use of mid-upper arm circumference for nutritional assessment of adults: A review of evidence. *Current Developments in Nutrition*, 7(4).

- Ares, G., Machín, L., Curutchet, M. R., Giménez, A., & Antúnez, L. (2022). Consumer acceptance of novel foods and factors influencing food choice: A review. *Current Opinion in Food Science*, 47, 100890.
- Jeske, S., Zannini, E., & Arendt, E. K. (2020). Past, present and future: The strength of plant-based dairy substitutes based on gluten-free raw materials. *Food Research International*, 110, 42–51.
- Berkman, L. F., Kawachi, I., & Glymour, M. M. (2021). *Social epidemiology* (3rd ed.). Oxford University Press.
- Riegel, B., Jaarsma, T., Lee, C. S., & Strömberg, A. (2021). Integrating symptoms into the middle-range theory of self-care of chronic illness. *Advances in Nursing Science*, 44(3), 206–215.
- Boelig, R. C., Barton, S. J., Saccone, G., Kelly, A. J., Edwards, S. J., & Berghella, V. (2022). Interventions for treating hyperemesis gravidarum and nausea and vomiting in pregnancy: A systematic review. *American Journal of Obstetrics and Gynecology*, 226(3), S1103–S1115.
- Lacasse, A., Rey, E., Ferreira, E., Morin, C., & Bérard, A. (2021). Epidemiology of nausea and vomiting of pregnancy and its impact on quality of life. *BJOG: An International Journal of Obstetrics & Gynaecology*, 128(4), 676–684.
- Messina, M. (2024). Soy foods and soybean isoflavones and women's health. *Nutrients*, 16(3), 387.

- Sorrie, M. B., Teferi, N. K., Teshome, T. A., & Getahun, K. A. (2024). Effectiveness of nutrition education interventions on maternal nutritional knowledge and dietary practices: A systematic review. *BMC Nutrition*, 10(1), 1–14.
- Gebre, A. K., Alemayehu, M., Abebe, Y., & Tareke, A. A. (2023). Family support and maternal nutrition practices during pregnancy: A systematic review of evidence from low- and middle-income countries. *BMC Pregnancy and Childbirth*, 23(1).
- Nguyen, P. H., Avula, R., Tran, L. M., Ruel, M. T., & Menon, P. (2022). Maternal nutrition practices and the role of family support during pregnancy: Evidence from low- and middle-income countries. *Maternal & Child Nutrition*, 18(S1).
- Purnamasari, D., Nurhayati, E., & Rahmawati, I. (2023). The role of community health volunteers in improving maternal and child health services in Indonesia. *Journal of Multidisciplinary Healthcare*, 16, 2871–2880.
- World Health Organization. (2022). WHO guideline on health policy and system support to optimize community health worker programmes. World Health Organization.
- Agustina, R., Dartanto, T., Sitompul, R., Susiloretni, K. A., Achadi, E. L., Taher, A., & Khusun, H. (2024). A systematic review of the types, workload, and supervision of community health workers in Indonesia. *BMC Primary Care*, 25(1).
- Kavle, J. A., Landry, M., Mahmud, Z., Gernand, A. D., & West, K. P. (2022). Strengthening maternal nutrition counselling

- during routine health services: A gap analysis to guide country programmes. *Public Health Nutrition*, 26(2), 1–12.
- Lassi, Z. S., & Bhutta, Z. A. (2021). Community-based intervention packages for reducing maternal and neonatal morbidity and mortality and improving neonatal outcomes. *Cochrane Database of Systematic Reviews*, 2021(3).
- Rifkin, S. B. (2022). Paradigms lost: Toward a new understanding of community participation in health programmes. *Acta Tropica*, 228, 106315.
- Allen, L. H., de Benoist, B., Dary, O., & Hurrell, R. (2022). Guidelines on food fortification with micronutrients. Geneva: World Health Organization.
- Messina, M. (2022). Soybean proteins and human health: An update. *Nutrients*, 14(23), 5022.
- Béné, C., Bakker, D., Chavarro, M. J., Even, B., Melo, J., & Sonneveld, A. (2021). Global assessment of the impacts of COVID-19 on food security. *Global Food Security*, 31, 100575.
- Fanzo, J., Haddad, L., McLaren, R., Marshall, Q., Davis, C., Herforth, A., Jones, A., Beal, T., & Tschirley, D. (2021). The Food Systems Dashboard is a new tool to inform better food policy. *Nature Food*, 2(10), 701–709.
- Messina, M. (2022). Soy foods, isoflavones, and health: An overview of epidemiologic and clinical evidence. *Nutrients*, 14(6).

- World Health Organization. (2021). Monitoring and evaluating nutrition programmes: Practical guidance for implementation. World Health Organization.
- Bhutta, Z. A., Das, J. K., Rizvi, A., Gaffey, M. F., Walker, N., Horton, S., Webb, P., Lartey, A., & Black, R. E. (2020). Evidence-based interventions for improvement of maternal and child nutrition: What can be done and at what cost? *The Lancet*.
- Ruel, M. T., Quisumbing, A. R., & Balagamwala, M. (2020). Nutrition-sensitive agriculture: What have we learned and where do we go from here? *Global Food Security*.

Buku referensi berjudul: Gizi Ibu Hamil Berbasis Pangan Lokal membahas pentingnya pemenuhan nutrisi selama masa kehamilan dengan memanfaatkan bahan makanan yang mudah ditemukan di lingkungan sekitar. Setiap pembahasan mengarah pada pemilihan makanan bergizi seimbang yang dapat membantu menjaga kesehatan ibu sekaligus mendukung pertumbuhan janin secara optimal.

Dengan bahasa yang ringan dan mudah dipahami, buku ini memberikan panduan praktis mengenai pengaturan pola makan sehari-hari menggunakan potensi pangan lokal. Ditujukan untuk masyarakat umum, buku ini menjadi bacaan bermanfaat bagi siapa saja yang ingin memahami cara sederhana namun tepat dalam menjaga kesehatan ibu hamil melalui makanan yang terjangkau dan bergizi.

