

# Kenali Gejala Kekurangan Energi Kronis (KEK) pada Ibu Hamil



## Kekurangan Energi Kronis (KEK)

Ibu Hamil dinyatakan KEK apabila Lingkar Lengan Atas (LILA) <23.5 cm.



## Gejala KEK



wajah pucat



Penurunan BB



Cepat Lelah



Sering Kesemutan



## Dampak KEK bagi si buah hati

- 1 Lahir Mati
- 2 Lahir Premature
- 3 Anemia pada Bayi
- 4 Stunting
- 5 Berat Bayi Lahir Rendah (BBLR)
- 6 Terhambatnya perkembangan otak anak

## Yuk cegah dan atasi KEK saat Hamil !



Konsumsi Gizi Seimbang & isi piringku kaya akan protein hewani, porsi sedikit namun sering



Rutin periksa & ANC Terpadu



Rutin konsumsi tablet tambah darah (TTD) & Asam Folat.



Konsumsi air putih 8-12 gls/hari

# Ibu Hamil Kek

**Roman Wölfel**



**Ibu Hamil Kek :**

## **Ibu Hamil Kek** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Ibu Hamil Kek**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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web androgyny latin from greek andras man gyne woman pronounced an druh jin ipa 'an dɹə ,dʒɪn androgyn or androgynous gender is an identity under the nonbinary and transgender umbrellas some writers use androgyny as an

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