



# 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



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# Ibu Hamil Kek

**WJ Hussar**



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