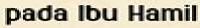


# Kenali Ge jala

# Kekurangan Energi Kronis (KEK)





# 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











Stunting Serat Bayi Lahir Rendah (BBLR)

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 qls/hari















# **Ibu Hamil Kek**

**WJ Hussar** 

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