MEMBACA LABEL INFORMASI GIZI BERHUBUNGAN DENGAN VARIASI MAKANAN IBU HAMIL DI KOTA MALANG

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ABSTRAK

Permasalahan gizi selama kehamilan masih sering ditemukan di Indonesia. Permasalahan tersebut disebabkan kekurangan atau kelebihan zat gizi makro dan mikro dalam tubuh. Beberapa permasalahan kehamilan yang sering ditemukan adalah kekurangan energi kronis (KEK), Anemia, Obesitas, dan permasalahan lainnya. Permasalahan tersebut membutuhkan penanganan agar tidak meningkatkan risiko kehamilan. Melihat kondisi tersebut, Penulisan ini bertujuan untuk meningkatkan kepedulian masyarakat, terutama ibu hamil, dalam memerhatikan konsumsi variasi makanan harian yang sesuai kebutuhan gizi tubuh dengan cara membaca label informasi nilai gizi pada kemasan makanan. Perilaku membaca adalah proses untuk mendapatkan pesan dari bacaan, termasuk dalam membaca label Informasi Nilai Gizi. Membaca label ING bertujuan mendapatkan informasi mengenai kandungan gizi dan komposisi makanan per takaran saji, seperti energi, lemak, protein, karbohidrat, serta vitamin dan mineral. Pengetahuan gizi seimbang adalah pemahaman tentang pemilihan variasi makanan yang menjadi sumber gizi tubuh, mencakup macam makanan, kandungan zat gizi, keamanan, dan cara konsumsi yang tepat. Empat pilar gizi seimbang (konsumsi beragam pangan, perilaku hidup bersih, aktivitas fisik, pemantauan berat badan) mendukung kesehatan. Namun, pengetahuan saja tidak cukup, perlu implementasi yang tepat untuk menjaga status gizi. Variasi makanan melibatkan konsumsi beragam jenis makanan untuk memenuhi kebutuhan gizi, terutama bagi ibu hamil. Konsumsi makanan yang bervariasi meningkatkan nafsu makan dan memenuhi kebutuhan gizi makro dan mikro secara seimbang, sehingga menjaga kondisi gizi kehamilan.

Kata Kunci: Label Informasi Nilai Gizi, Variasi Makanan
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THE BEHAVIOR OF READING NUTRITIONAL INFORMATION LABELS CORRELATES WITH FOOD VARIATIONS OF PREGNANT WOMEN IN MALANG CITY

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ABSTRACT

Some pregnancy problems that are often found are chronic energy deficiency (CED), anemia, obesity, and other problems. This problem requires treatment so as not to increase the risk of pregnancy. Seeing these conditions, this writing aims to increase public awareness, especially among pregnant women, in paying attention to consuming a variety of daily foods that suit the body's nutritional needs by reading the nutritional value information labels on food packaging. Reading behavior is the process of getting messages from reading, including reading the Nutritional Value Information label. Reading the ING label aims to obtain information about the nutritional content and composition of food per serving size, such as energy, fat, protein, carbohydrates, and vitamins and minerals. Knowledge of balanced nutrition is an understanding of choosing a variety of foods that are a source of nutrition for the body, including types of food, nutrient content, safety, and appropriate consumption methods. The four pillars of balanced nutrition (consuming various foods, clean living habits, physical activity, and monitoring body weight) support health. However, knowledge alone is not enough, proper implementation is needed to maintain nutritional status. Dietary variety involves consuming various types of food to meet nutritional needs, especially for pregnant women. Consuming a varied diet increases appetite and meets macro and micro nutritional needs in a balanced manner, thus maintaining the dietary conditions of pregnancy.

Keywords:*Nutrition facts label, Nutritional knowledge, Variety of foods*
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INTRODUCTION

Pregnancy requires attention to nutritional needs. The nutrients needed by the body can be obtained from micro and macro nutrients in daily food consumption patterns. The variety of nutrients is not obtained from just one type of food, but from various types of food.[1]Macro and micro nutrients play an important role in building and regulating the body's function at the appropriate level. Although consuming a variety of foods is important, there are still some problems found in pregnant women due to inadequate nutrient consumption. As a result of nutrient deficiencies, both micro and macro nutrients, there will be several problems such as chronic energy deficiency (CED), anemia, iodine deficiency disorders (IDD), and other problems. In Indonesia, the problem of nutrient deficiencies that is often found is CED. In this condition, the mother experiences a decrease in health quality that can interfere with daily activities, as well as the fetus can experience low birth weight (LBW), growth and development disorders.[2]Excess nutrients can also cause problems. Problems of excess nutrients such as obesity, hypertension, and other problems.[3]These problems can cause pre-eclampsia which poses risks during pregnancy.[4]

These problems can be avoided by paying attention to things that support the consumption of daily food variations. Nutritional knowledge and the behavior of reading nutritional information labels can be done to achieve adequate consumption of food variations. Knowledge is obtained from individual efforts in utilizing the five senses to capture information and using self-motivation to receive nutritional information well. To gain nutritional knowledge, individuals can study various media such as books, articles, and journals that contain discussions about nutritional needs; watch and listen to shows about nutrition; or other media.[5]

Reading ING labels can create a healthier diet because individuals can determine the variety of foods that suit the nutrients needed by their body condition.[6]The Nutrition Information Label (GI) was first used in 1960; it contains information on the number of calories and sodium in a serving of food. The nutritional information was considered by the Food and Drug Administration (FDA) as an instrument for the dietary needs of people with illnesses or other conditions. It then developed as a system for identifying the nutritional quality of food at the request of consumers due to the increasing number of manufactured foods.[7]In Indonesia, the ING label is regulated by the Food and Drug Supervisory Agency (BPOM), which is responsible for supervising products before and during circulation.[8]As a form of implementing BPOM regulations, manufacturers have included the ING label on products to make it easier for consumers to make product purchasing decisions.[9]

This article is written to increase knowledge of nutritional needs and awareness to read nutritional information labels in order to create adequate consumption of food variations. The article contains definitions, benefits, and factors that can influence the consumption of food variations. The writing can make it easier for readers to understand the need for food variations and how to read nutritional information labels on food product packaging.

DISCUSSION

Reading Nutrition Information Labels

Reading behavior is a process to get a message from the reading. Reading is also a process of pronunciation, whether heard or not, with the aim of getting the meaning of the reading. In other words, the behavior of reading ING labels is a process to get the message written on the ING label. By reading, individuals will get information or understanding from things that have not been understood before.[10]

The ING label provides information based on the amount and type per serving size in an easy-to-read packaging position. The information presented in the ING label is the serving size, number of servings per package, type and amount of nutrient content (total energy, total fat, saturated fat, protein, total carbohydrates, sugar, and salt), type and amount of non-nutrient content, percentage of nutritional adequacy (AKG) calculated based on ALG, and notes. In addition, dietary fiber, sugar, salt and vitamins are listed in the ING.[11]

There are several factors that can influence pregnant women to read the ING label. These factors are age, economic status, health status, education, exposure to information media, attitudes, knowledge, shopping time, price interests, taste, and nutrients.[12]Age can affect the behavior of reading ING labels because as age increases, the individual's experience and knowledge increases. In several studies, there are differences in the comparison of age in individuals who read ING labels. In addition to age, exposure to information makes individuals have knowledge. Knowledge about ING labels makes someone have an attitude that can influence behavioral changes so that individuals who have good knowledge also have good ING label reading behavior. Exposure to information about ING labels can be obtained at certain levels of education, education in schools or outside schools, advertising media, posters, or other media.[12]Individuals with higher levels of education have the ability to learn more and therefore have more knowledge. With more information that individuals have, awareness to sort nutrients and diet is better so that reading the ING label on food packaging is considered.[13]better economic conditions. Individuals with higher economic conditions have the ability to access a variety of foods that suit their nutritional needs compared to individuals with lower economic

conditions. Individuals with lower economic conditions have limitations. With the ability to choose better food consumption, individuals will be more careful in determining the nutrients consumed so that they pay more attention to reading the ING label.[13]

Reading the Nutritional Value Information Label provides many benefits. The nutritional value information label provides information in the form of the number of servings, the amount of energy, and the amount of various nutritional content in the food packaging. The number of servings for each package varies so that pregnant women must see the number of servings before buying food products. The number of servings that shows the number one means that one package can be eaten directly by one person. The number of packages is more than one, then the individual should not finish the food at once. The amount of energy listed is written in kcal units, and usually has a guideline for normal person consumption of 1125 kcal. Pregnant women need more energy than those who are not pregnant, so calculating daily energy needs must also be considered when buying packaged foods.

The ING label also contains information about the amount of nutrients such as carbohydrate, protein, fat, vitamin and mineral content. Reading and understanding the meaning of the information is also needed because each package contains different nutrients depending on the composition of the food. When pregnant women know the amount of daily nutrient needs according to their pregnancy condition, then pregnant women can add or reduce nutrient needs according to the information listed on the food packaging. In addition to vitamins and minerals, important contents are also explained such as sugar levels or sugar substitutes, salt, and other nutrients that are important to note.[14]

Reading the nutritional information label makes it easier to measure and avoid the amount and type of nutrients according to the body's nutritional needs. In pregnant women,adequate nutritional needs help prevent pregnancy problems and improve fetal growth and development. In addition, getting used to reading ING labels can prevent chronic diseases that are not detected early.[15]

Nutrition Knowledge

Balanced nutritional knowledge is everything that individuals know in choosing a variety of foods that are sources of nutrition for the body. Nutritional knowledge needs to be possessed by every individual to avoid mistakes in choosing food. Mistakes in choosing a variety of foods have a bad impact on the body due to effects that are not felt directly. Nutritional knowledge includes knowledge of types of food and nutrients, nutrient content in food, the safety of food consumed, and how to consume food properly. Balanced nutritional knowledge is everything that individuals know in choosing a variety of foods that are sources of nutrition for the body. Nutritional knowledge needs to be possessed by every individual to avoid mistakes in choosing food. Mistakes in choosing a variety of foods have a bad impact on the body due to effects that are not felt directly. Nutritional knowledge includes knowledge of types of food and nutrients, nutrient content in food, the safety of food consumed, and how to consume food properly.[16]

In the Regulation of the Minister of Health of the Republic of Indonesia Number 41 of 2014, there are four pillars of balanced nutrition. The four pillars of balanced nutrition are efforts to realize the concept of balanced nutrition. The four pillars are consumption of a variety of foods, clean living behavior, physical activity, and regular weight monitoring to maintain normal weight. Tumpeng nutrition is a means of increasing balanced nutrition to replace the slogan of four healthy five perfect. Tumpeng nutrition has a triangular shape with a wider cross-section meaning and tapers at the top. The wide cross-section means more frequency than the top. Tumpeng nutrition has four layers. On the bottom layer there is a recommendation to consume staple foods of 3-4 servings a day. The higher up, on the second layer from the bottom there is a recommendation to consume vegetables as much as 3-4 servings a day as in the consumption of staple foods. Do not forget that vegetable consumption is combined with fruit consumption in smaller portions, namely 2-3 servings a day. On the third layer from the bottom, there is a recommendation to consume side dishes (vegetable or animal sources) with 2-4 servings a day. At the peak of the nutritional cone, there is a recommendation to limit the consumption of salt, sugar, and oil as a preventive measure against the emergence of non-communicable diseases in the individual's body. Around the nutritional cone image, there are several other images that play a role in supporting the consumption of various foods. The images are drinking at least 8 glasses of water a day, getting used to washing hands as part of a clean lifestyle, maintaining ideal body weight to prevent non-communicable diseases, and doing physical activities. Physical activities can be in the form of cycling or soccer and daily physical activities such as sweeping and walking.

Factors that can influence the knowledge of balanced nutrition of pregnant women are education, economic status, information, culture, health services, family support, and previous pregnancy experiences. Pregnant women who have secondary or higher education have better nutritional knowledge. Good nutritional knowledge will increase awareness of the consumption of nutrients that are appropriate for body conditions. The higher the education, the more knowledge is needed so that compliance with nutrient consumption is better.[17]In addition to education, information circulating in the

environment can also increase knowledge of balanced nutrition. Information about nutritional knowledge can be found in several media. The media can be in the form of readings such as books, journals, articles about nutrition or in the form of visuals such as videos discussing balanced nutrition.[18]

Some of these information are easy to obtain and some are hard to obtain. All of this can be influenced by economic and environmental factors. With a better economic status, a person will find it easier to gain access to various information..[19]Likewise in the environment, a more conducive environment will make it easier for pregnant women to get information due to environmental support. The environment can be family, neighbors, or friends. An unconducive environment can easily disturb pregnant women's thought patterns, so that the information needed is not easily obtained or received.[5]In an environment there is also a culture. The culture found in the environment can come from hereditary beliefs that have not been empirically tested, so that some cultural elements often conflict with the principles of nutritional science. Not infrequently, the culture that has been embedded becomes a belief that is difficult to abandon.

There are integrated health services in an area. With the existence of integrated health services in the surrounding area, pregnant women can more easily consult or get information about balanced nutrition during pregnancy. Health services are an important factor for pregnant women to get balanced nutrition information.which is in accordance with the pregnancy conditions.[20]Pregnancy conditions are also facilitated by previous pregnancy experiences. Pregnant women who have been pregnant before have more knowledge than pregnant women who are pregnant for the first time. Pregnant women who have been pregnant before will be calmer in determining various food needs during pregnancy, with factors that can support, pregnant women have the ease to get better knowledge of balanced nutrition.

Balanced nutrition knowledge provides benefits to the nutritional status of individuals. Good individual nutritional status indicates that individuals are in a healthy body condition. This can be achieved with attitudes and behaviors in choosing food that are influenced by the individual's balanced nutritional knowledge..[21]However, other research results state that nutritional knowledge is not related to good nutritional status in some individuals. This occurs due to inappropriate implementation between balanced nutritional knowledge and individual behavior. Therefore, balanced nutritional knowledge must be balanced with appropriate implementation. Poor nutritional knowledge, lack of knowledge of good eating patterns and the importance of nutritional contributions in the body, cause problems in intelligence and productivity.[22]

Pregnant Women's Food Variations

Food variety is a variety of types of food consisting of staple foods, side dishes, vegetables and fruits that are recommended for daily consumption. The variety of foods contains macronutrients and micronutrients. By consuming a variety of foods, nutritional needs are met, especially for pregnant women. However, meeting the nutritional needs of pregnant women is also accompanied by paying attention to recommended patterns, prohibitions on excessive consumption, and maintaining nutritional status during pregnancy. This is so that the variety of foods that enter the body can be metabolized properly and avoid harmful substances.[23]

Consuming a variety of foods provides good benefits for the nutritional needs of the body. Food variety increases appetite because food that is not diverse causes boredom in individuals which causes reduced food consumption. Consuming a variety of foods also supports the fulfillment of macro and micro nutritional needs so that the body's nutrients are in balanced portions. Pregnancy problems can be caused by a lack or excess of nutrients.[23]Fulfilled nutritional needs will improve the nutritional status of pregnant women.[24]Nutritional status can be measured by anthropometry, biochemistry, and clinical.[25]Anthropometric measurements provide information related to Body Mass Index (BMI). In the case of underweight BMI, an additional 12.5-18 kg of weight is needed. In normal BMI, an additional 11.5-16 kg of weight is needed, for twins 17-25 kg of weight is needed. In overweight BMI, an additional 7-11.5 kg of weight is needed, for twins 14-23 kg of weight is needed. Finally, in obese BMI, an additional 5-9 kg of weight is needed, for twins 11-19 kg of weight is needed.[26]In addition to using BMI, measuring the circumference of a pregnant woman's arm with a measuring tape can also be done. Pregnant women with an arm circumference of more than 23.5 are said to be normal.[27]

Factors that can affect the fulfillment of pregnant women's needs are the mother's age during pregnancy, experience, nutritional knowledge, education level, food availability, economic status, health status, environment, and culture. Nutritional knowledge makes it easier for pregnant women to ensure nutritional needs during pregnancy. Nutritional needs during pregnancy are in the form of consuming a variety of foods.[28]Consumption of a variety of foods must be balanced with an appropriate diet. A good diet is adjusted to the condition of the body and appropriate recommendations for pregnant women. To find out the appropriate diet, you can consult a health service. Consuming food according to the body's

nutritional needs is an action to improve the quality of nutrition in the body. By consuming a variety of nutrients, problems during pregnancy can be prevented and fetal growth is in good condition.[29]

Knowledge can be gained from experience. In this condition, pregnant women who are experiencing their first pregnancy or called (primipara) and pregnant women who have been pregnant before (multipara) have different experiences. This experience can reduce anxiety during pregnancy, in contrast to primipara who are more anxious because they are experiencing their first pregnancy.[30]In addition to pregnancy experience, gestational age can also affect the consumption of food variations, gestational age four to nine months requires consumption of food variations and larger meal portions for fetal development compared to pregnant women in early pregnancy. However, the first gestational age also requires several important nutrients such as folic acid to strengthen fetal growth.[31]

The above food consumption needs must also be balanced with food availability. The availability of pregnancy-supporting food is easy to find in some areas. However, some areas experience limited food supplies. To obtain food that is already available, good economic conditions are a supporting factor. With a high economic status, the ability to buy and choose the goods needed is easier. In contrast to low economic conditions, pregnant women have limitations in reaching food that meets nutritional needs.[32]Consumption of balanced nutritious food in pregnant women is also influenced by the environment. In a supportive environment, the nutritional needs of pregnant women are easily obtained. The environment can be the closest people who live together, namely husband, parents, and others.[33]The environment can also be influenced by culture. Culture is a characteristic of each group of individuals such as ways of thinking, habits, and customs that are difficult to change. Culture is also the result of the thoughts of a group of rational humans.[34]

CLOSING

Thus, the compilation of articles on balanced nutritional knowledge, behavior in reading nutritional information labels, and consumption of a variety of foods, especially for pregnant women, is hoped to be useful for readers in increasing their nutritional insight.

The author accepts criticism and suggestions in this writing. The criticism and suggestions can be an evaluation and improve the author's ability to compose better writing.

Hopefully the results of this article provide motivation to readers to increase daily nutritional needs and pay attention to reading nutritional information labels. The author could not have completed this article without the guidance of dr. Dewi Martha Indria, M.Kes, IBCLC and dr. Fancy Brahma Adiputra, M.Gz, AIFO-K who have guided to study harder in completing this article.

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