DAFTAR PUSTAKA

Abbaspour, N., Hurrell, R. and Kelishadi, R. (2014) 'Review on iron and its importance for human health', *Journal of Research in Medical Sciences*, 19(2), pp. 164–174.

Achebe, M. M. and Gafter-Gvili, A. (2017) 'How I treat anemia in pregnancy: Iron, cobalamin, and folate', *Blood*, 129(8), pp. 940–949. doi: 10.1182/blood-2016-08-672246.

Ackland, M. L. and Michalczyk, A. A. (2016) 'Zinc and infant nutrition', *Arch. Biochem. Biophys.*, (611), pp. 51–57.

Adediran, A, A. Gbadegesin, TA. Adeyemo, AA. Akinbami, *et al* (2011) 'Haemoglobin and ferritin concentrations of pregnant women at term', *Obstetric Medicine*, 4(4), pp. 152–155. doi: 10.1258/om.2011.110033.

Adriyani, M. and Wijatmadi, B. (2012) *Pengantar Gizi Masyarakat*. Jakarta: Kencana Prenada Media Group.

Afsana, Kaosar, K. Shiga, S. Ishizuka, H.Hara (2004) 'Reducing effect of ingesting tannic acid on the absorption of iron, but not of zinc, copper and manganese by rats', *Bioscience, Biotechnology and Biochemistry*, 68(3), pp. 584–592. doi: 10.1271/bbb.68.584.

Agbozo, F., A. Abubakari, J. Der, A. Jahn (2020) 'Maternal dietary intakes, red blood cell indices and risk for anemia in the first, second and third trimesters of pregnancy and at predelivery', *Nutrients*, 12(3), pp. 1–16. doi: 10.3390/nu12030777.

Agedew, Eskeziaw, B. Tsegaye, A. Bante, E. Zerihun, *et al.* (2022) 'Zinc deficiency and associated factors among pregnant women's attending antenatal clinics in public health facilities of Konso Zone, Southern Ethiopia,PloS one, 17(7), p. e0270971. doi: 10.1371/journal.pone.0270971

Alleyne, M., Horne, M. K. and Miller, J. L. (2008) 'Individualized Treatment for Iron-deficiency Anemia in Adults', *American Journal of Medicine*, 121(11), pp. 943–948. doi: 10.1016/j.amjmed.2008.07.012.

Almatsier, S. (2010) *Prinsip Dasar Ilmu Gizi. Cetakan Kesembilan*. Jakarta: PT Gramedia Pustaka Utama.

Almatsier, S. (2012) *Prinsip Dasar Ilmu Gizi*. Jakarta: PT Gramedia Pustaka Utama.

Al-mekhlafi, HM., EM. Al-zabedi, MT. Al-maktari, WM. Atroosh, *et al.* (2014) 'Effects of Vitamin A Supplementation on Iron Status Indices and Iron Deficiency Anaemia: A Randomized Controlled Trial', (December 2013), pp. 190–206. doi: 10.3390/nu6010190.

Aloy-A, Oluchi, AU. Akujobi, Jk. Nnodim, J. Ndudim-Dike *et al.* (2020) 'Serum Ferritin and Iron/TIBC of Pregnant Women Attending Nnamdi Azikiwe University Teaching Hospital, Nnewi, Anambra State, Nigeria: A Longitudinal Study', *Clinical Research in Obstetrics and Gynecology*, 3(2), pp. 1–6. doi: 10.4135/9781529714401.n258.

Amuthenie, S. and Sivakanesan, R. (2020) 'Impact of dietary practices on serum ferritin content of pregnant mothers in the Batticaloa district Sri Lanka', *AGRIEAST: Journal of Agricultural Sciences*, 14(1), p. 44. doi: 10.4038/agrieast.v14i1.84.

Ani LS. (2013) *Buku Saku: Anemia Defisiensi Besi Masa Prahamil & Hamil*. Jakarta: EGC.

Armini, N. K. A., Hidayati, N. and Kusumaningrum, T. (2020) 'Determinants of Nutritional Status Among Pregnant Women: a Transcultural Nursing Approach', *Jurnal Ners*, 15(2), p. 214. doi: 10.20473/jn.v15i2.21388.

Asmawati (2013) *Studi Validasi Semi-Quantitative Food Frequency Questionnaire (FFQ) dan Recall 24 Jam terhadap Asupan Zat Gizi Makro Ibu Hamil di Puskesmas Kassi-Kassi Kota Makassar*. Universitas Hassanudin.

Atmasier, S. (2015) *Prinsip Dasar Ilmu Gizi*. Jakarta: PT. Gramedia Pustaka Utama.

Atmasier, S. (2016) *Prinsip Dasar Ilmu Gizi*. Jakarta: PT. Gramedia Pustaka Utama.

Avantika Gupta (2018) 'Iron Deficiency Anaemia in Pregnancy: Developed Versus Developing Countries - European Medical Journal', *EMJ Hematol*, (August), pp. 101–109. Available at: https://www.emjreviews.com/hematology/article/iron-deficiency-anaemia-in-pregnancy-developed-versus-developing-countries/.

Ayensu, J., R. Annan, H. Lutterodt, A. Edusei, et al et al. (2020) 'Prevalence of anaemia and low intake of dietary nutrients in pregnant women living in rural and urban areas in the Ashanti region of Ghana', pp. 1–15. doi: 10.1371/journal.pone.0226026.

Azhar, B. S., Islam, M. S. and Karim, M. R. (2021) 'Prevalence of anemia and associated risk factors among pregnant women attending antenatal care in Bangladesh: A cross-sectional study', *Primary Health Care Research and Development*, 22. doi: 10.1017/S146342362100061X.

Bailey, R. L., West, K. P. and Black, R. E. (2015) 'The epidemiology of global micronutrient deficiencies', *Annals of Nutrition and Metabolism*, 66(suppl 2), pp. 22–33. doi: 10.1159/000371618.

Bain, Bates, I, Laffan, MA, Levis SM, *et al.* (2012) *Basic Haematological Techniques: Dacie and Lewis Practical Haematology*. 11th ed. Amsterdam, Netherlands: Elsevier.

Balarajan, Y., Usha, R., Emre, Ö, Anuraj H, S, *et al.* (2011) 'Anaemia in low-income and middle-income countries', *The Lancet*, 378(9809), pp. 2123–2135. doi: 10.1016/S0140-6736(10)62304-5.

Banjari, I. (2018) 'Iron Deficiency Anemia and Pregnancy Iron Deficiency Anemia and Pregnancy', *Intech*. doi: 10.5772/intechopen.69114.

Barragán-Iba˜, G., A. Santoyo-Sánchezb, C. O. and Nafiela, R.-P. (2016) 'Iron deficiency anaemia', *Hospital General De Mexico*, 27(11), pp. 527–529. doi: 10.1016/j.paed.2017.08.004.

Bauty, V. A., Rasyid, R. and Lipoeto, N. I. (2020) 'The Relationship of Vitamin A and Zinc Consumption on Ferritin Levels in First Trimester Pregnant Women in Agam District Health Center in 2019', 7(June), pp. 120–128.

Beck, K. L., Cathryn, AC. Rozanne, K., Jane C. (2014) 'Dietary determinants of and possible solutions to iron deficiency for young women living in industrialized countries: A review', *Nutrients*, 6(9), pp. 3747–3776. doi: 10.3390/nu6093747.

Belay, W. S., Admasu, E. and Bishaw, E. (2022) 'Dietary practice during pregnancy and associated factors among pregnant women in Farta district , South Gondar Zone , Northwest Ethiopia , 2021', *Clinical Epidemiology and Global Health*, 14(January), p. 100968. doi: 10.1016/j.cegh.2022.100968.

Bencaiova, G. and Breymann, C. (2014) 'Mild anemia and pregnancy outcome in a swiss collective', *Journal of Pregnancy*, 2014. doi: 10.1155/2014/307535.

Beutler, E. Thomas, H B. Robert, WC. Arn, GM. *et al.* (2006) *Hereditary Hemochromatosis*. New York, USA: The McGraw-Hill Companies.

Bianchi, V. E. (2016) 'Role of nutrition on anemia in elderly', *Clinical Nutrition ESPEN*, 11, pp. e1–e11. doi: 10.1016/j.clnesp.2015.09.003.

Bjørklund, G., J. Aaseth, AV. Skalny, J. Suliburska, *et al*. (2017) 'Interactions of iron with manganese, zinc, chromium, and selenium as related to prophylaxis and treatment of iron deficiency', *Journal of Trace Elements in Medicine and Biology*, 41(8610), pp. 41–53. doi: 10.1016/j.jtemb.2017.02.005.

Black, R. E., C.G, Victora, S.P. Walker, Z.A, Bhutta *et al*. (2013) 'Maternal and child undernutrition and overweight in low-income and middle-income countries', The Lancet, 382(9890), pp. 427–451. doi: 10.1016/S0140-6736(13)60937-X.

Bothwell, T. H. (2000) 'Iron requirements in pregnancy and strategies to meet them', *American Journal of Clinical Nutrition*, 72(1 SUPPL.). doi: 10.1093/ajcn/72.1.257s.

Bouzaglou, A. I. Aubenas, A. Hind, S. Rouanet, *et al.* (2020) 'Pregnancy at 40 years Old and Above: Obstetrical, Fetal, and Neonatal Outcomes. Is Age an Independent Risk Factor for Those Complications?', *Frontiers in Medicine*, 7(May), pp. 1–7. doi: 10.3389/fmed.2020.00208.

Breymann, C. (2013) 'Iron deficiency anemia in pregnancy', *Expert Review of Obstetrics and Gynecology*, 8(6), pp. 587–596. doi: 10.1586/17474108.2013.842683.

Buckley, G. J. L.E Murray-Kolb, S.K, Khatry, S.C, Leclerq, L. Wu, *et al.* (2013) 'Cognitive and motor skills in school-aged children following maternal vitamin A supplementation during pregnancy in rural Nepal: A follow-up of a placebo-controlled, randomised cohort', *BMJ Open*, 3(5). doi: 10.1136/bmjopen-2012-002000.

Camashella, C. (2015) 'Longo, D. L., & Camaschella, C. (2015). Iron-deficiency anemia. N Engl J Med, 372(19), 1832-1843.', *The New England Journal of Medicine*, p. 1832. doi: 10.1056/NEJMra1401038.

Cañete, A. Elena, C. Ramon, M. Rita, C, *et al.* (2017) 'Role of vitamin a/retinoic acid in regulation of embryonic and adult hematopoiesis', *Nutrients*, 9(2), pp. 1–18. doi: 10.3390/nu9020159.

Cappellini, M. D., Musallam, K. M. and Taher, A. T. (2020) 'Iron deficiency anaemia revisited', *Journal of Internal Medicine*, 287(2), pp. 153–170. doi: 10.1111/joim.13004.

Cepeda-Lopez, A. C., Aeberli, I. and Zimmermann, M. B. (2010) 'Does obesity increase risk for iron deficiency? A review of the literature and the potential mechanisms', *International Journal for Vitamin and Nutrition Research*, 80(4-5), pp. 263–270. doi: 10.1024/0300-9831/a000033.

Chen, H. A. N. Nianfeng, Q. Liyu, Y. and Hongqing, J *et al.* (2018) 'Role of serum vitamin a and e in pregnancy', *Experimental and Therapeutic Medicine*, 16(6), pp. 5185–5189. doi: 10.3892/etm.2018.6830.

Chen, Y. H., Feng, H. L. and Jeng, S. S. (2018) 'Zinc supplementation stimulates red blood cell formation in rats', *International Journal of Molecular Sciences*, 19(9). doi: 10.3390/ijms19092824.

Chlon, T. M. and Crispino, J. D. (2012) 'Combinatorial regulation of tissue specification by GATA and FOG factors', *Development (Cambridge)*, 139(21), pp. 3905–3916. doi: 10.1242/dev.080440.

Chomaria, A. (2012) *Makanan Sehat Seimbang untuk Ibu Hamil*. Jakarta: PT Elex Media Komputindo.

Chong, M. F. Ai-Ru, C. Marjorelee, C. Mya-Thway T. *et al.* (2021) 'Maternal Protein Intake during Pregnancy Is Not Associated with Offspring Birth Weight in a', *The Journal of Nutrition*, pp. 1303–1310. doi: 10.3945/jn.114.205948.1303.

Christian, P. Labrique, A.B. Ali, H. Richman, M.J *et al*. (2011) 'Maternal vitamin A and beta-carotene supplementation and risk of bacterial vaginosis: A randomized controlled trial in rural Bangladesh', *Am. J. Clin. Nutr*, 94, pp. 1643–1649.

Citelli, M. Luciana, LB. Simone, VS. Anna, PT. *et al.* (2012) 'Vitamin A modulates the expression of genes involved in iron bioavailability.', *Biological trace element research*, 149(1), pp. 64–70. doi: 10.1007/s12011-012-9397-6.

Citu, I., M. Cosmin, C. Madalin-M.M. Marius, C *et al.* (2022) 'Calcium, Magnesium, and Zinc Supplementation during Pregnancy: The Additive Value of Micronutrients on Maternal Immune Response after SARS-CoV-2 Infection', *Nutrients*, 14(7), pp. 1–13. doi: 10.3390/nu14071445.

Clark, D. C. (2018) 'Association of Dairy Protein Intake During Pregnancy with Birth Weight', *Food and Nutrition Bulletin*, 39(2_suppl), pp. S54–S59. doi: 10.1177/0379572118775824.

Claudil, M. A. and Stipanuk, M. H. (2013) *Biochemical, Physiological, and Molecular Aspects of Human Nutrition*. 3 rd editi. St Louis, MO, USA: Saunders:

Cruz, S., da Cruz, S. . and Ramalho, A. (2018) 'Impact of Vitamin A Supplementation on Pregnant Women and on Women Who Have Just Given Birth: A Systematic Review', *J. Am. Coll. Nutr*, 37, pp. 243–250.

Cunha, M. de S. B. da, Hankins, N. A. C. and Arruda, S. F. (2018) 'Effect of vitamin A supplementation on iron status in humans : a systematic review and meta-analysis', 8398. doi: 10.1080/10408398.2018.1427552.

Cunningham, F. G. Kenneth, JL. Steven, BL. Jodi, SD. *et al.* (2018) 'Chapter 4 Maternal Physiology', in *Williams Obstetrics*. 25 th ed. United States: McGraw-Hill Education, pp. 57–63.

D'Ambrosio, D. N., Clugston, R. D. and Blaner, W. S. (2011) 'Vitamin A metabolism: An update', *Nutrients*, 3(1), pp. 63–103. doi: 10.3390/nu3010063.

Dahlan, S. (2015) *Statistik untuk Kedokteran dan Kesehatan*. Edisi Keen. Jakarta: Epidemiologi Indonesia.

Dahlan, S. (2020) *Statistik Untuk Kedokteran Dan Kesehatan: Deskriptif, Bivariat, dan Multivariat Dilengkapi Aplikasi Menggunakan SPSS*. Edisi 6 Ce. Jakarta: Epidemiologi Indonesia.

Darroch, J. E., Woog, V. and Bankole, A. (2016) 'ADDING IT UP : Costs and Benefits of Meeting the Contraceptive Needs of Adolescents', *New York: Guttmacher Institute*, (May), pp. 1–16.

Daru, J. Javie, Z. Borja, MF., Joshua, V.*et al*. (2018) 'Risk of maternal mortality in women with severe anaemia during pregnancy and post partum: a multilevel analysis', *The Lancet Global Health*, 6(5), pp. e548–e554. doi: 10.1016/S2214-109X(18)30078-0.

Das, J. K., Salam, R. A., Thornburg, K. L., Prentice, A. M. *et al.* (2017) 'Nutrition in adolescents: physiology, metabolism, and nutritional needs', *Annals of the New York Academy of Sciences*, 1393(1), pp. 21–33. doi: 10.1111/nyas.13330.

Delimont, N. M., Haub, M. D. and Lindshield, B. L. (2017) 'The impact of tannin consumption on iron bioavailability and status: A narrative review', *Current Developments in Nutrition*, 1(2), pp. 1–12. doi: 10.3945/cdn.116.000042.

Diana, R. Ali, K., Faisal A., Dyan FC *et al.* (2019) 'Dietary Quantity and Diversity among Anemic Pregnant Women in Madura Island, Indonesia', *Journal of Nutrition and Metabolism*, 2019. doi: 10.1155/2019/2647230.

Dibley, M. J. and Jeacocke, D. A. (2001) 'Vitamin A in pregnancy: Impact on maternal and neonatal health', *Food and Nutrition Bulletin*, 22(3), pp. 267–284. doi: 10.1177/156482650102200305.

Dijkhuizen, M. A. Frank T.W., Clive E.W., Sri M. *et al.* (2001) 'Effects of iron and zinc supplementation in Indonesian infants on micronutrient status and growth', *Journal of Nutrition*, 131(11), pp. 2860–2865. doi: 10.1093/jn/131.11.2860.

Dinas Kesehatan Provinsi Sumatera Barat (2018) *Laporan Kinerja Dinas Kesehatan Provinsi Sumatera Barat Tahun 2017*. Padang: Dinas Kesehatan Provinsi Sumatera Barat.

Dinkes Kota Padang (2019) *Laporan Tahunan Tahun 2018*. Padang: Dinas Kesehatan Kota Padang.

Dinkes Kota Padang (2020) *Laporan Tahunan Tahun 2019 Edisi 2020*. Kota Padang: Dinkes Kota Padang Tahun 2020.

Donangelo, C. M. *et al.* (2020) 'Supplemental zinc lowers measures of iron status in young women with low iron reserves', *Journal of Nutrition*, 132(7), pp. 1860–1864. doi: 10.1093/jn/132.7.1860.

Donangelo, C. M. and King, J. C. (2012) 'Maternal zinc intakes and homeostatic adjustments during pregnancy and lactation', *Nutrients*, 4(7), pp. 782–798. doi: 10.3390/nu4070782.

Elango, R. and Ball, R. O. (2016) 'Protein and Amino Acid Requirements during Pregnancy', *Advances in nutrition (Bethesda, Md.)*, 7(4), p. 839S–844S. doi: 10.3945/an.115.011817.

FAO (1998) *Chapter 3: Calculation of the Energy Content of Foods - Energy Conversion Factors* Available at:http://www.fao.org/3/Y5022E/y5022e04.htm (Accessed: 22 April 2022).

FAO and FHI (2016) *Minimum Dietary Diversity for Women: A Guide to Measurement*. Rome, Italy.

Farias, P. M., Gabriela, M., Lidiani F.S., Eliane B.A.,*et al.* (2020) 'Minerals in Pregnancy and Their Impact on Child Growth and Developmen', pp. 13–24. doi: 10.5810/kentucky/9780813125237.003.0006.

Fishman, S. M., Christian, P. and Jr, K. P. W. (2000) 'The Role of Vitamins in The Prevention and Control of Anaemia', *Public Health Nutrition*, 3(2), pp. 125–150. doi: 10.1054/ebcm.2000.0315.

Fitriani, S. and Pamungkasari, E. P. (2020) 'Correlation between Protein Intake, Parity and Miscarriage History Anemic Pregnant Women in Sukoharjo Regency, Indonesia with Low Birth Weight Incidence: A Case Control Study.', *Indian Journal of Public Health Research & Development*, 11((1).).

Friedrisch dan Bruno (2017) ‘Prophylactic Iron Supplementation in Pregnancy : A Controversial Issue’, *Biochemistry Insight*, 10, pp. 1–7. doi: 10.1177/1178626417737738.

Ganong, W. F. (2005) *Review of Medical Physiology*. San Francisco: Mc Graw Hill.

Garcêz, L.S., Geania, P.L., Adriana, A.P., Suzana, M.R. *et al.* (2016) ‘Serum Retinol Levels in Pregnant Adolescents and Their Relationship with Habitual Food Intake , Infection and Obstetric , Nutritional and’, *Nutrients*, 8(669), pp. 1–11. doi: 10.3390/nu8110669.

Garzon, S., Patrizia, M., Camilla, Calogero *et al.* (2020) ‘Iron deficiency anemia in pregnancy: Novel approaches for an old problem’, *Oman Medical Journal*, 35(5), pp. 1–9. doi: 10.5001/omj.2020.108.

Gebremedhin, S. and Enquselassie, F. (2011) ‘Correlates of anemia among women of reproductive age in Ethiopia: Evidence from Ethiopian DHS 2005’, *Ethiopian Journal of Health Development*, 25(1), pp. 22–30. doi: 10.4314/ejhd.v25i1.69842.

Gebreselassie, S. G., Gase, F. E., and Deressa, M. U. (2018). 'Prevalence and correlates of prenatal vitamin A deficiency in rural Sidama, Southern Ethiopia', *Journal of health, population, and nutrition*, 31(2), 185–194. https://doi.org/10.3329/jhpn.v31i2.16382

Geissler, C. and Hilary (2005) *Human Nutrition*. 12th Editi. London: Elsevier Churchill Livingstone.

Georgieff, M. K. (2020) ‘Iron deficiency in pregnancy’, *American Journal of Obstetrics and Gynecology*, 223(4), pp. 516–524. doi: 10.1016/j.ajog.2020.03.006.

Geraghty, A. A. Eileen C.O., Goiuri, A., Mary K.H. *et al.* (2018) ‘Maternal protein intake during pregnancy is associated with child growth up to 5 years of age, but not through insulin-like growth factor-1: Findings from the ROLO study’, *British Journal of Nutrition*, 120(11), pp. 1252–1261. doi: 10.1017/S0007114518002611.

Gibore, N. S., Agatha, F.N, Mariam, J.M.,1 Mwanaisha, M.A (2021) ‘Dietary Habits Associated with Anemia in Pregnant Women Attending Antenatal Care Services’, *Current Developments in Nutrition*, 5(1), pp. 1–8. doi: 10.1093/cdn/nzaa178.

Gibson, R. S. (2012) ‘A historical review of progress in the assessment of dietary zinc intake as an indicator of population zinc status’, *Advances in Nutrition*, 3(6), pp. 772–782. doi: 10.3945/an.112.002287.

Godswill, A. G. Victory,S., Ikechukwu, Echeta *et al.* (2020) 'Health Benefits of Micronutrients (Vitamins and Minerals) and their Associated Deficiency Diseases: A Systematic Review', *International Journal of Food Sciences*, 3(1), pp. 1–32. doi: 10.47604/ijf.1024.

Gopalan, C. and Rao, K. S. J. (2006) 'Nutrition in Pregnancy', *Tropical Doctor*, 2(4), pp. 188–192. doi: 10.1177/004947557200200410.

Gower-Winter, S. D. and Levenson, C. W. (2012) 'Zinc in the central nervous system: From molecules to behavior', *BioFactors*, 38(3), pp. 186–193. doi: 10.1002/biof.1012.

Grüngreiff, K., Gottstein, T. and Reinhold, D. (2020) 'Zinc deficiency—an independent risk factor in the pathogenesis of haemorrhagic stroke?', *Nutrients*, 12(11), pp. 1–11. doi: 10.3390/nu12113548.

Grzeszczak, K., Kwiatkowski, S. and Kosik-Bogacka, D. (2020) 'The role of fe, zn, and cu in pregnancy', *Biomolecules*, 10(8), pp. 1–33. doi: 10.3390/biom10081176.

Gumilang, L. Tina D.J., Sefita, A.N., Ari, W (2021) 'Higeia Journal of Public Health', *Higeia Journal of Public Health Research and Development*, 5(2), pp. 231–241. doi: https://doi.org/10.15294/higeia/v2i3/44805.

Guyton (2016) *Textbook of medical physiology. 13th ed.* Philadelphia: Saunders/Elsevier;

Hajianfar, H., Khadijeh, A., Leila A., Ahmad E. *et al.* (2020) 'The Association between Maternal Dietary Iron Intake during the First Trimester of Pregnancy with Pregnancy Outcomes and Pregnancy-Related Complications', 9(1), pp. 52–62.

Hamdy, A. M., Abdel Aleem, M. M. and El-Shazly, A. A. (2013) 'Maternal Vitamin A Deficiency during Pregnancy and Its Relation with Maternal and Neonatal Hemoglobin Concentrations among Poor Egyptian Families', *ISRN Pediatrics*, 2013, pp. 1–6. doi: 10.1155/2013/652148.

Hardisman (2021) *Metodologi Penelitian Kesehatan*. Yogyakarta: Gosyen Publishing.

Harvey, L. and Boksa, P. (2014) 'Additive effects of maternal iron deficiency and prenatal immune activation on adult behaviors in rat offspring', *Brain, Behavior, and Immunity*, 40, pp. 27–37. doi: 10.1016/j.bbi.2014.06.005.

Heffner, L. J. and Schust, D. J. (2010) *At a Glance: Sistem Reproduksi*. Edisi Kedu. Jakarta: Erlangga.

Herring, C. M., Fuller W.B, Gregory AJ, Guoyao W (2018) 'Impacts of maternal dietary protein intake on fetal survival, growth, and development', *Experimental Biology and Medicine*, 243(6), pp. 525–533. doi: 10.1177/1535370218758275.

Hidayat, A. (2014) *Metode Penelitian keperawatan dan Teknis Analisis Data*. Jakarta: Salemba Medika.

Hoffbrand, A. V. and Moss, P. A. H. (2016) *Hoffbrand's Essential Haematology*. 7th ed. United Kingdom: John Wiley & Sons Ltd.

Holzman, R. K., Senagore, Wang, Tian *et al.* (2009) 'Placental vascular pathology findings and pathways to preterm delivery', *American Journal of Epidemiology*, 170(2), pp. 148–158. doi: 10.1093/aje/kwp131.

Hooda, J., Shah, A. and Zhang, L. (2014) 'Heme, an essential nutrient from dietary proteins, critically impacts diverse physiological and pathological processes', *Nutrients*, 6(3), pp. 1080–1102. doi: 10.3390/nu6031080.

Hou, J., Suzanne, P.C., Tsunenobu, T., Kelly E.J.*et al.* (2000) 'Maternal serum ferritin and fetal growth', *Obstetrics and Gynecology*, 95(3), pp. 447–452. doi: 10.1016/S0029-7844(99)00562-1.

Hu, P. J., Sylvia, H.L., Shilpa, N.B., Yanping, L. *et al.* (2018) 'Associations of dietary , lifestyle , and sociodemographic factors with iron status in Chinese adults : a cross-sectional study in the China Health and Nutrition Survey 1 , 2', *ASN*, (1), pp. 4–6. doi: 10.3945/ajcn.116.136861.2.

Hussain, T. Bie, T., Ghulam, M., Elsayed, M. *al.* (2020) 'Role of Dietary Amino Acids and Nutrient Sensing System in Pregnancy Associated Disorders', *Frontiers in Pharmacology*, 11(December), pp. 1–17. doi: 10.3389/fphar.2020.586979.

Hwang, J. Y., Ji-Yeon, L, Ki-Nam, K., Hyesook, K. *et al.* (2013) 'Maternal iron intake at mid-pregnancy is associated with reduced fetal growth: Results from Mothers and Children's Environmental Health (MOCEH) study', *Nutrition Journal*, 12(1), pp. 1–7. doi: 10.1186/1475-2891-12-38.

Hytten, E. and Saxena, B. N. (2009) 'The caloric cost of pregnancy', *Nutrition Reviews*, 31(6), pp. 177–179. doi: 10.1111/j.1753-4887.1973.tb05170.x.

Iqbal, S. and Ali, I. (2021) 'Effect of maternal zinc supplementation or zinc status on pregnancy complications and perinatal outcomes: An umbrella review of meta-analyses', *Heliyon*, 7(7), p. e07540. doi: 10.1016/j.heliyon.2021.e07540.

Johnson Wimbley, T. D. and Graham, D. Y. (2011) 'Diagnosis and management of iron deficiency anemia in the 21st century', *Therapeutic Advances in Gastroenterology*, 4(3), pp. 177–184. doi: 10.1177/1756283X11398736.

Jusoh, N., Ismail, T. A. T. and Daud, A. (2015) 'Anemia among teenage pregnancy in Northwestern Malaysia: What are the factors?', *International Journal of Collaborative Research on Internal Medicine & Public Health*, 7(12), pp. 196–205.

Juul, S. E., Derman, R. J. and Auerbach, M. (2019) 'Perinatal Iron Deficiency: Implications for Mothers and Infants', *Neonatology*, 115(3), pp. 269–274. doi: 10.1159/000495978.

Jyotsna, S., Amit, A. and Kumar, A. (2015) 'Study of serum zinc in low birth weight neonates and its relation with maternal zinc', *Journal of Clinical and Diagnostic Research*, 9(1), pp. SC01–SC03. doi: 10.7860/JCDR/2015/10449.5402.

Kalantar-Zadeh, K. and Lee, G. H. (2006) 'The fascinating but deceptive ferritin: to measure it or not to measure it in chronic kidney disease?', *Clinical journal of the American Society of Nephrology : CJASN*, 1 Suppl 1, pp. 9–18. doi: 10.2215/CJN.01390406.

Kambe, T. Tokuji, T., Ayako, H., Naoya, I. (2015) 'The physiological, biochemical, and molecular roles of zinc transporters in zinc homeostasis and metabolism', *Physiological Reviews*, 95(3), pp. 749–784. doi: 10.1152/physrev.00035.2014.

Karimi, A. Sepideh, B., Mohsen, N., Masumeh, S. (2012) 'Zinc Deficiency in Pregnancy and Fetal - Neonatal Outcomes and Impact of the Supplements on Pregnancy Outcomes', *Iranian Journal of Neonatology IJN*, 3(2), pp. 77–83. Available at: https://ijn.mums.ac.ir/article_270.html.

Katsumura, K. R., Andrew, W.D., Nathaniel, J.P., Kirby, D.J. *et al.* (2013) 'Transcriptional mechanisms underlying hemoglobin synthesis', *Cold Spring Harbor Perspectives in Medicine*, 3(9), pp. 1–19. doi: 10.1101/cshperspect.a015412.

Kemenkes RI (2018) 'Laporan Nasional Riset Kesehatan Dasar', *Kemenkes RI*, pp. 1–582. Available at: https://dinkes.kalbarprov.go.id/wp-content/uploads/2019/03/Laporan-Riskesdas-2018-Nasional.pdf.

King, J. C. (2000) 'Determinants of maternal zinc status during pregnancy', *American Journal of Clinical Nutrition*, 71(5 SUPPL.), pp. 1334–1343. doi: 10.1093/ajcn/71.5.1334s.

King, T. I., Mary, C.B., Kathryn, O., Cecilia M.J. (2019) *Varney's Midwifery*. Sixth Edit. USA: Jones & Bartlett Learning, LLC.

Kirana Dian Purwitaningtyas (2011) *Hubungan Asupan Zat Gizi Dan Pola Menstruasi Dengan Kejadian Anemia Pada Remaja Putri di SMA N 2 Semarang, Artikel Penelitian*. Universitas Diponegoro.

Knovich, M. A., Jonathan, A. S., Lan, G.C., Suzy, V.T., *et al.* (2009) 'Ferritin for the clinician', *Blood Reviews*, 23(3), pp. 95–104. doi: 10.1016/j.blre.2008.08.001.

Kominiarek, M. A. and Rajan, P. (2016) 'Nutrition Recommendations in Pregnancy and Lactation', *Medical Clinics of North America*, 100(6), pp. 1199–1215. doi: 10.1016/j.mcna.2016.06.004.

Kozuki, N. *et al.* (2013) 'The associations of birth intervals with small-for-gestational-age, preterm, and neonatal and infant mortality: A meta-analysis', *BMC Public Health*, 13(SUPPL.3). doi: 10.1186/1471-2458-13-S3-S3.

Krisnanda, R. (2020) 'Vitamin C Mmebantu dalam Absorpsi Zat Besi pada Anemia Defisiensi Besi', *Jurnal Penelitian Perawat Profesional*, 2(3), pp. 279–286. Available at: http://jurnal.globalhealthsciencegroup.com/index.php/JPPP/article/download/83/65.

Laghari, Z. A. Nimra, B., Feraz, M., Fouzia, P., *et al.* (2017) 'Correlation of BMI and MUAC with anemia among Sindh University Students, Jamshoro, Pakistan', *Sindh University Research Journal -Science Series*, 49(003), pp. 553–556. doi: 10.26692/surj/2017.09.15.

Lebso, M., Anato, A. and Loha, E. (2017) 'Prevalence of anemia and associated factors among pregnant women in Southern Ethiopia: A community based cross-sectional study', *PLoS ONE*, 12(12), pp. 1–11. doi: 10.1371/journal.pone.0188783.

Li, N., Guangjie, Z., Wanling, W., Mengxue, Z. *et al.* (2020) 'The Efficacy and Safety of Vitamin C for Iron Supplementation in Adult Patients With Iron Deficiency Anemia: A Randomized Clinical Trial', *JAMA network open*, 3(11), p. e2023644. doi: 10.1001/jamanetworkopen.2020.23644.

Li, Y., Jiang, H. and Huang, G. (2017) 'Protein hydrolysates as promoters of non-haem iron absorption', *Nutrients*, 9(6), pp. 1–18. doi: 10.3390/nu9060609.

Linder, M. C. (2006) *Nutritional Biochemistry and Metabolism with Clinical Application*. 2nd Ed. USA: Appeton & Lange.

Lipoeto, et al (2004) 'Dietary intake and the risk of coronary heart disease among the coconut-consuming Minangkabau in West Sumatra, Indonesia.', *Asia Pacific journal of clinical nutrition*, 13(4), pp. 377–384.

Lipoeto, N.I., Masrul, Ricvan, D.N. (2020) 'Nutritional contributors to maternal anemia in Indonesia: Chronic energy deficiency and micronutrients.', *Asia Pacific journal of clinical nutrition*, 29((Suppl 1)), pp. S9–S17. doi: https://doi.org/10.6133/apjcn.202012_29(S1).02.

Livingstone, C. (2015) 'Zinc: Physiology, deficiency, and parenteral nutrition', *Nutrition in Clinical Practice*, 30(3), pp. 371–382. doi: 10.1177/0884533615570376.

Londero, A. P., Emma, R., Pitti, C., Angelo, C *et al.* (2019) 'Maternal age and the risk of adverse pregnancy outcomes: A retrospective cohort study', *BMC Pregnancy and Childbirth*, 19(1), pp. 1–10. doi: 10.1186/s12884-019-2400-x.

Loy, S. L., Li Min, L., Shiao-Yng, C., Pei Ting, T *et al.* (2019) 'Iron status and risk factors of iron deficiency among pregnant women in Singapore: a cross-sectional study', *BMC public health*, 19(1), p. 397. Available at: http://dx.doi.org/10.1186/s12889-019-6736-y.

Ma, Y., Yanbo, M., Xiuqing, Z., Xuejing, W. *et al.* (2022) 'Changes of Serum Ferritin , Hemoglobin , and Serum Iron (SI) and Treatment Effect of Iron Proteinsuccinylate Oral Solution Combined with Vitamin A and D Drops on Children with Nutritional Iron Deficiency Anemia', 2022, pp. 10–15.

Machmud, P. B., Hatma, R. D. and Syafiq, A. (2019) 'Tea Consumption and Iron-Deficiency Anemia Among Pregnant Woman in Bogor District, Indonesia', *Media Gizi Mikro Indonesia*, 10(2), pp. 91–100. doi: 10.22435/mgmi.v10i2.1384.

Maggio, M., Francesca, D.V., Fulvio, L., Valeria, B. *et al.* (2013) 'IGF-1, the cross road of the nutritional, inflammatory and hormonal pathways to frailty', *Nutrients*, 5(10), pp. 4184–4205. doi: 10.3390/nu5104184.

Mahan, L. K., Escott-Stump, S. and Janice L. Raymond, . (2012) *Krause ' s Food & the Nutrition Care Process*. 13th edn. St. Louis, Missouri 63043: Elsevier Sauders.

Maia, B. S., Maria, C.C., Suzana, L.S., Alex, R.S. *et al.* (2018) 'The prevalence of vitamin A deficiency and associated factors in pregnant women receiving prenatal care at a reference maternity hospital in Northeastern Brazil', *Nutrients*, 10(9), pp. 1–14. doi: 10.3390/nu10091271.

Mandal, K. and Lu, H. (2017) 'Zinc Deficiency In Children', 6(1), pp. 9–19.

Mann, J. and A. S. T. (ed) (2005) *Buku Ajar Ilmu Gizi Edisi 4*. New York: Oxford University Press.

Mann, J. and Truswell, A. S. (2005) *Essentials of Human Nutrition*. Second edi. United States: Oxford University Press.

Manuaba, I. A. C. (2014) *Ilmu Kebidanan Penyakit Kandungan dan KB. Edisi 2*. Jakarta: EGC.

Marshall, N. E. Barbara, A., Linda, A.B., Patrick, C *et al.* (2022) 'Expert Review The importance of nutrition in pregnancy and lactation : lifelong consequences', *The American Journal of Obstetrics & Gynecology*, 226(5), pp. 607–632. doi: 10.1016/j.ajog.2021.12.035.

Mccauley, M. E, Broek, N, Dou, L, Othman, M. (2015) 'Vitamin A supplementation during pregnancy for maternal and newborn outcomes', *Cochrane Database of Systematic Reviews*, 2016(3). doi: 10.1002/14651858.CD008666.pub3.

McKinnon, E. J. Enrico, R., John, P.B., Debbie, Tr *et al.* (2014) 'Factors that affect serum levels of ferritin in australian adults and implications for follow-up', *Clinical Gastroenterology and Hepatology*, 12(1), pp. 101–108.e4. doi: 10.1016/j.cgh.2013.07.019.

Means, R. T. (2020) 'Iron deficiency and iron deficiency anemia: Implications and impact in pregnancy, fetal development, and early childhood parameters', *Nutrients*, 12(2), pp. 1–16. doi: 10.3390/nu12020447.

Meiriska, I. P., Anggraini, D. and Susanti, M. (2022) 'Hubungan Kadar Ferritin Serum Pada Ibu Hamil Dengan Berat Badan Bayi Baru Lahir di Rsi Siti Rahmah Padang Tahun 2018-2019', *Scientific Journal*, 1(1), pp. 01–10. doi: 10.56260/sciena.v1i1.12.

Michelazzo, F. B., Oliveira, J., Juliana, S., Liania, L. *et al.* (2013) 'The influence of vitamin A supplementation on iron status', *Nutrients*, 5(11), pp. 4399–4413. doi: 10.3390/nu5114399.

Middleton, P., Gomersall, JC., Gould, JF., Shepherd, E. *et al.* (2019) 'Omega-3 Fatty Acid Addition during Pregnancy', *Obstetrical and Gynecological Survey*, 74(4), pp. 189–191. doi: 10.1097/01.ogx.0000554434.11750.dc.

Monk, C., Michael K. G. Dongrong, Xu, Xuejun, Hu., *et al.* (2016) 'Maternal prenatal iron status and tissue organization in the neonatal brain', *Pediatric Research*, 79(3), pp. 482–488. doi: 10.1038/pr.2015.248.

Moreira, A. C., Mesquita, G. and Gomes, M. S. (2020) 'Ferritin: An inflammatory player keeping iron at the core of pathogen-host interactions', *Microorganisms*, 8(4), pp. 1–20. doi: 10.3390/microorganisms8040589.

Morgan, T. K. (2016) 'Role of the Placenta in Preterm Birth: A Review.', *American journal of perinatology*, 33(3), pp. 258–266. doi: 10.1055/s-0035-1570379.

Mostafa, E. Hashem F. M., Enas, M. M.., Asmaa, M. A. (2022) 'Prevalence and risk factors of iron deficiency anaemia with pregnancy at Minia University Hospital', *MJMR*, 33(2), pp. 49–58.

Mousa, A., Naqash, A. and Lim, S. (2019) 'Macronutrient and micronutrient intake during pregnancy: An overview of recent evidence', *Nutrients*, 11(2), pp. 1–20. doi: 10.3390/nu11020443.

Muchtadi, D. (2010) *Kedelai: Komponen Bioaktif untuk Kesehatan*. Bandung: AlfaBeta.

Mulyantoro, D. K. and Kusrini, I. (2021) 'Protein Energy Deficiency Increases the Risk of Anemia in Pregnant Women', *IOP Conference Series: Earth and Environmental Science*, 810(1), pp. 8–13. doi: 10.1088/1755-1315/810/1/012043.

Muñoz, M., García-Erce, J. A. and Remacha, Á. F. (2011) 'Disorders of iron metabolism. Part II: Iron deficiency and iron overload', *Journal of Clinical Pathology*, 64(4), pp. 287–296. doi: 10.1136/jcp.2010.086991.

Murray, R.K, Granner, D.K & Rodwell, V. W. (2009) *Biokimia Herper*. Jakarta: EGC.

Murray, R. K. and Granner, D. K. (2009) *Biokimia Harper*. edisi 27. Jakarta: EGC.

Næss-Andresen, M. L. *et al.* (2019) 'Serum ferritin, soluble transferrin receptor, and total body iron for the detection of iron deficiency in early pregnancy: A multiethnic population-based study with low use of iron supplements', *American Journal of Clinical Nutrition*, 109(3), pp. 576–585. doi: 10.1093/ajcn/nqy366.

Naghmi, Khalid and Shaleen (2007) 'Comparison of serum ferritin levels in the trimesters of pregnancy and their correlation with increasing gravity', *Int J Pathol*, 5(5), pp. 26–30.

Neves, P. A. Saunders, Barror, Ramalho (2015) 'Vitamin A supplementation in Brazilian pregnant and postpartum women: A systematic review', *Rev. Bras. De Epidemiol. Braz. J. Epidemiol*, (18), pp. 824–836.

Noori, N. Joshua ,L.E., Yvette, E., Oron, A.P. *et al.* (2022) 'Effect of adolescent pregnancy on child mortality in 46 countries', *BMJ Global Health*, 7(5), pp. 1–12. doi: 10.1136/bmjgh-2021-007681.

Norwitz, E. R. and Caughey, A. B. (2011) 'Progesterone supplementation and the prevention of preterm birth.', *Reviews in obstetrics & gynecology*, 4(2), pp. 60–72. doi: 10.3909/riog0163.

Notoatmodjo, S. (2011) *Pendidikan dan Perilaku Kesehatan*. Jakarta: PT. Rineka Cipta.

Notoatmodjo, S. (2018) *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.

Obeng, E. (2021) 'Apoptosis (programmed cell death) and its signals - A review.', *Brazilian journal of biology = Revista brasleira de biologia*, 81(4), pp. 1133–1143. doi: 10.1590/1519-6984.228437.

Ogun and Adeyinka (2022) *Biochemistry , Transferrin*. StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-.

Oh, C., Keats, E. C. and Bhutta, Z. A. (2020) 'Vitamin and mineral supplementation during pregnancy on maternal, birth, child health and development outcomes in low-and middle-income countries: A systematic review and meta-analysis', *Nutrients*, 12(2). doi: 10.3390/nu12020491.

Osendarp, S. J. M., West, C. E. and Black, R. E. (2003) 'Public Health Importance of Maternal Zinc Deficiency The Need for Maternal Zinc Supplementation in Developing Countries : An Unresolved Issue', *The Journal of Nutrition*, (1), pp. 817–827.

Ota, E. *et al.* (2015) 'Antenatal dietary education and supplementation to increase energy and protein intake', *Cochrane Database of Systematic Reviews*, 2015(6). doi: 10.1002/14651858.CD000032.pub3.

Our World in Data (2022a) *Micronutrient Deficiency Zinc Deficiency*. Available at: https://ourworldindata.org/micronutrient-deficiency#zinc-deficiency (Accessed: 5 March 2022).

Our World in Data (2022b) *Prevalenceof Vitamin A Deficiency in Pregnant Women Region Asia*. Available at: https://ourworldindata.org/grapher/prevalence-of-vitamin-a-deficiency-in-pregnant-women?region=Asia (Accessed: 15 March 2022).

Pakar Gizi Indonesia (2016) *Ilmu Gizi Teori & Aplikasi*. Edited by Hardiansyah dan Dewa Nyoman Supariasa. Jakarta: EGC.

Pane, H. W. (2020) *Gizi dan Kesehatan.* Yayasan Kita Menulis.

Paramashanti, B. A. (2020) *Gizi Bagi Ibu & Anak*. Edited by D. Rachmawati. Bantul Yogyakarta: PT. Pustaka Baru.

Pasricha, S. R. S. *et al.* (2010) 'Diagnosis and management of iron deficiency anaemia: A clinical update', *Medical Journal of Australia*, 193(9), pp. 525–532. doi: 10.5694/j.1326-5377.2010.tb04038.x.

Pavord, S., Bethan, M., Susa, R., Shubha, A., Jane, S., and Christina (2012) 'UK guidelines on the management of iron deficiency in pregnancy', *British Journal of Haematology*, 156(5), pp. 588–600. doi: 10.1111/j.1365-2141.2011.09012.x.

Percy, L. and Mansour, D. (2017) 'Iron deficiency and iron-deficiency anaemia in women's health', *The Obstetrician & Gynaecologist*, 19(2), pp. 155–161. doi: 10.1111/tog.12368.

Permenkes (2019) 'Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 Tentang Angka Kecukupan Gizi Yang Dianjurkan Untuk Masyarakat Indonesia', (April), pp. 33–35.

Petry, N., Ibironke, O., Erick, Moira, D.A., and Fabian (2016) 'The effect of low dose Iron and zinc intake on child micronutrient status and development during the first 1000 days of life: A systematic review and meta-analysis', *Nutrients*, 8(12), pp. 1–22. doi: 10.3390/nu8120773.

Pobee, R. A. Sixtus, A., Esi, K.C., Alison D.G., and Laura E.M. (2020) 'Food insecurity and micronutrient status among ghanaian women planning to become pregnant', *Nutrients*, 12(2), pp. 1–12. doi: 10.3390/nu12020470.

Pontoh, S., Mayulu, N. and Engka, J. N. (2015) 'Hubungan Kadar Ferritin Dan Asupan Protein Pada Ibu Hamil Trimester Ii-Iii Di Kabupaten Bolaang Mongondow Utara', *Jurnal e-Biomedik*, 3(3). doi: 10.35790/ebm.3.3.2015.10159.

Prasad, A. S. (2018) 'Clinical, immunological, anti-inflammatory and antioxidant roles of zinc', *Experimental Gerontology*, 43(5), pp. 370–377. doi: 10.1016/j.exger.2007.10.013.

Prasetyani, D., Evy Apriani and Halimatusyadiyah, R. (2020) 'Hubungan Asupan Protein, Zat Besi Dan Pola Makan Terhadap Kejadian Anemia Pada Ibu Hamil Trimester III Di Wilayah Kerja Puskesmas Cilacap Utara 2', *Tens : Trends of Nursing Science*, 1, pp. 29–35. doi: 10.36760/tens.v1i1.108.

Prawirohardjo, S. (2013) *Ilmu Kebidanan. Edisi Keempat. Cetakan Ketiga*. Jakarta: Bina Pustaka Sarwono Prawirohardjo.

Prawirohardjo, S. (2014) *Ilmu Kebidanan Sarwono Prawirohardjo*. Jakarta: PT. Bina Pustaka Sarwono Prawirohardjo.

Purwaningtyas, M. L. and Prameswari, G. N. (2017) 'Faktor Kejadian Anemia pada Ibu Hamil', *Higeia Journal of Public Health Research and Development*, 1(3), pp. 43–54.

Putri, Y. and Vera, Y. (2020) 'Faktor- Faktor Yang Berhubungan Dengan Kejadian Anemia Pada Ibu Hamil Di Puskesmas Bukit Sangkal Palembang Tahun 2019', *Jurnal Kesehatan dan Pembangunan*, 10(19), pp. 114–125. doi: 10.52047/jkp.v10i19.68.

Ramadhani, I. N. *et al.* (2021) 'The relationship between socioeconomic status and nutritional status of pregnant women in temporary shelter, Talise, Palu', *Gaceta Sanitaria*, 35, pp. S171–S175. doi: 10.1016/j.gaceta.2021.10.018.

Ray, J. G., Berger, H. and Park, A. L. (2020) 'Population-based study of serum ferritin in early pregnancy and adverse perinatal outcomes', *Paediatric and Perinatal Epidemiology*, 34(6), pp. 706–712. doi: 10.1111/ppe.12687.

Restrepo-gallego, M. *et al.* (2021) 'Vitamin A deficiency regulates the expression of ferritin in young male Wistar rats', *Rev Nutr*, 34(e200297), pp. 1–11. doi: https://doi.org/10.1590/1678-9865202134e200297 Rev.

Retnaningsih, Y., Sulistyani, I. A. and Purnamamingrum, Y. E. (2020) 'Hubungan Asupan Protein , Fe , Vitamin C Serta Ketepatan Konsumsi Zat Tannin Dan Kafein Terhadap Kadar Hemoglobin Ibu Hamil Trimester III Di Puskesmas Kota Yogyakarta', *Jurnal Nutrisia*, 22(1), pp. 8–15. doi: 10.29238/jnutri.v22i1.177.

Ridwan, E. (2012) 'Review of Interactions between Iron and Other Micronutrients in Supplementation', *Panel Gizi Makanan*, 35(1), pp. 49–54.

Ririn (2021) *Hubungan Asupan Zat Besi dan Vitamin A dengan Kadar Feritin pada Ibu Hamil Anemia Defisiensi Zat Besi Trimester III*. Universitas Andalas.

Ririn, Yusrawati and Fika, T. . (2021) 'Relation Between Iron and Vitamin A Intake with Feritin Levels In Pregnant Women With Trimester III Iron Deficiency Anemia', *Science Midwifery journal*, 10(1), pp. 307–312.

Rodwell, V. W., David, Botham, Kennelly, K.M., Peter J. *et al.* (2018) Harper's Illustrated Biochemistry. United States: McGraw-Hill Education.

Rodwell, V. W. David, Botham, Kennelly, K.M., Peter J. *et al.* (2020) *Biokimia Harper*. Edisi 31. Jakarta: EGC.

Roohani, N. *et al*. (2012) 'Zinc and phytic acid in major foods consumed by a rural and a suburban population in central Iran', *Journal of Food Composition and Analysis*, 28(1), pp. 8–15. doi: 10.1016/j.jfca.2012.07.005.

Roohani, N., Richard, Roya, Rainer (2013) 'Zinc and its importance for human health: An integrative review', *Journal of Research in Medical Sciences*, 18(2), pp. 144–157. doi: 10.1016/j.foodpol.2013.06.008.

Rose, A. A. and Gopalan, D. U. (2015) 'Correlation of maternal age with placenta previa', *International Journal of Medical Research and Review*, 3(9), pp. 914–918. doi: 10.17511/ijmrr.2015.i9.171.

Roussel, G., Valerie, S., Sarah, C., Harry J.M. (2017) 'The effect of amino acid deprivation on the transfer of iron through Caco-2 cell monolayers', *Journal of Trace Elements in Medicine and Biology*, 40, pp. 82–90. doi: 10.1016/j.jtemb.2016.12.016.

Rumbold, A., Ota, E, Nagata, C, Shahrook, S., Crowther, C.A. (2015) 'Vitamin C supplementation in pregnancy', *Cochrane Database of Systematic Reviews*, 2016(3). doi: 10.1002/14651858.CD004072.pub3.

Saaka, M. (2012) 'Combined iron and zinc supplementation improves haematologic status of pregnant women in Upper West Region of Ghana.', *Ghana medical journal*, 46(4), pp. 225–233.

Saaka, M., Mutaru, S. and Osman, S. M. (2021) 'Determinants of dietary diversity and its relationship with the nutritional status of pregnant women', *Journal of Nutritional Science*, pp. 1–8. doi: 10.1017/jns.2021.6.

Sandstead, H. H. (2003) 'Zinc is Essential for Brain Development and Function', *Journal of Trace Elements in Experimental Medicine*, 16(4), pp. 165–173. doi: 10.1002/jtra.10042.

Sari, N. A. N. and Fauziah, M. (2021) 'The Factors Associated with the Incidence of Anemia in Pregnant Women in Pisangan Public Health Center Visitors in 2020', *Muhammadiyah Journal of Epidemiology*, 1(1), pp. 16–23. Available at: https://jurnal.umj.ac.id/index.php/MJE/article/view/9376.

Sastroasmoro, S. (2013) *Dasar-Dasar Metodologi Penelitian Klinis*. Jakarta: CV Sagung Seto.

Semba, R. D. and Bloem, M. W. (2002) 'The anemia of vitamin a deficiency: Epidemiology and pathogenesis', *European Journal of Clinical Nutrition*, 56(4), pp. 271–281. doi: 10.1038/sj.ejcn.1601320.

Serbesa, M. L., Iffa, M. T. and Geleto, M. (2019) 'Factors associated with malnutrition among pregnant women and lactating mothers in Miesso Health Center , Ethiopia', pp. 1–5.

Shah, T., Muhammad, S.K., Shafaq, A., Hazooran, L., Farheen, S., Asad, A.Z., *et al.* (2022) 'Gestational Anemia and its effects on neonatal outcome, in the population of Hyderabad, Sindh, Pakistan', *Saudi Journal of Biological Sciences*, 29(1), pp. 83–87. doi: 10.1016/j.sjbs.2021.08.053.

Shah, T., Warsi, J. and Laghari, Z. (2020) 'Anemia and its association with parity.', *The Professional Medical Journal*, 27(05), pp. 968–972. doi: 10.29309/tpmj/2020.27.05.3959.

Shao, J., Jingan, L., Raghavendra, R., Michael, K.G., Niko, K., *et al.* (2012) 'Maternal serum ferritin concentration is positively associated with newborn iron stores in women with low ferritin status in Late Pregnancy', *Journal of Nutrition*, 142(11), pp. 2004–2009. doi: 10.3945/jn.112.162362.

Shi, H. Lian, C., Yuanyuan, W., Mengxing, S., Yijie, G., Shang, M., *et al.* (2022) 'Severity of Anemia During Pregnancy and Adverse Maternal and Fetal Outcomes.', *JAMA network open*, 5(2), p. e2147046. doi: 10.1001/jamanetworkopen.2021.47046.

Shkembi, B. and Huppertz, T. (2021) 'Influence of dairy products on bioavailability of zinc from other food products: A review of complementarity at a meal level', *Nutrients*, 13(12). doi: 10.3390/nu13124253.

Shrestha, V., Rajan, Dev R.M., Andrew L.T., Swetha, M., Archana, A. (2021) 'Factors associated with dietary diversity among pregnant women in the western hill region of Nepal : A community based cross- sectional study', *PLoS ONE*, 16(4), pp. 1–17. doi: 10.1371/journal.pone.0247085.

Siagian, A. (2010) *Epidemiologi Gizi*. Jakarta: Erlangga.

Sinha, S., Patro, N. and Patro, I. K. (2018) 'Maternal protein malnutrition: Current and future perspectives of spirulina supplementation in neuroprotection', *Frontiers in Neuroscience*, 12(December), pp. 1–18. doi: 10.3389/fnins.2018.00966.

Smith, C., Marks, A. and Lieberman, M. (2005) *Marks' Basic Medical Biochemistry A Clinical Approach*. Second Edi. Maryland: Lippincott William & Wilkins.

Soma-Pillay, P., Catherine N.P., Heli, T., Alexandre, M. (2016) 'Physiological changes in pregnancy', *Cardiovascular Journal of Africa*, 27(2), pp. 89–94. doi: 10.5830/CVJA-2016-021.

Stephen, G., Melina, M., Tamara, H.H., Johnson, K., Babill S.P., and Sia E.M. (2018) 'Anaemia in Pregnancy: Prevalence, Risk Factors, and Adverse Perinatal Outcomes in Northern Tanzania', *Anemia*, 2018. doi: 10.1155/2018/1846280.

Suega, K. (2015a) *Anemia Defisiensi besi. In: Buku Ajar Ilmu Penyakit Dalam.* 6th ed. Jakarta: Balai Penerbit FKUI.

Suega, K. (2015b) *Aspek Biologik dan Klinik dari Besi : dari Anemia Defisiensi Besi sampai Anemia dengan Kelebihan Besi*. Denpasar: PT. Percetakan Bali.

Sugiyono (2018) *Statistika untuk Penelitian*. Bandung: Alfabeta.

Suharno, D. (2017) *The Role of Vitamin A in Nutritional Anaemia*.

Supariasa (2017) *Pendidikan Dan Konsultasi Gizi*. Jakarta: EGC.

Susilawati, D. and Nilakesuma, N. F. (2021) 'Individual Factors Associated With Dietary Practices During Pregnancy', *Jurnal MIDPRO Universitas Islam Lamongan*, 13(02), pp. 203–214.

Sutanto, A. V. and Fitriana, Y. (2014) *Asuhan Pada Kehamilan*. Yogyakarta: Pustaka Baru Press.

Suzuki, H,. Satoshi, Shusuke, Jiying, Chikara, *et al.* (2014) 'Heme regulates gene expression by triggering Crm1-dependent nuclear export of Bach1', *EMBO Journal*, 23(13), pp. 2544–2553. doi: 10.1038/sj.emboj.7600248.

Syari, M., Serudji, J. and Mariati, U. (2015) 'Peran Asupan Zat Gizi Makronutrien Ibu Hamil terhadap Berat Badan Lahir Bayi di Kota Padang', *Jurnal Kesehatan Andalas*, 4(3), pp. 729–736. doi: 10.25077/jka.v4i3.355.

Tarigan, N., Sitompul, L. and Zahra, S. (2021) 'Asupan energi, protein, zat besi, asam folat dan status anemia ibu hamil di wilayah kerja puskesmas petumbukan', *wahana Inovasi*, 10(1).

Tarini, A., Mari S. M., Kenneth H. B., Mduduzi N. N., Mbuya, Laura A. R., Frederick *et al.* (2021) 'Enablers and Barriers of Zinc Fortification; Experience from 10 Low- and Middle-Income Countries with Mandatory Large-Scale Food Fortification', *Nutrients*, pp. 1–14.

Thorne-Lyman, A. L. and Fawzi, W. W. (2012) 'Vitamin A and carotenoids during pregnancy and maternal, neonatal and infant health outcomes: A systematic review and meta-analysis.', *Paediatr. Perinat. Epidemiol*, 26 ,((Suppl 1)), pp. 36–54.

Timmer, T. C., Rosa, udith J.M., Jeroen, Johannes, Corine W.M. *et al.* (2020) 'Dietary intake of heme iron is associated with ferritin and hemoglobin levels in Dutch blood donors : results from Donor InSight Correspondence ':, 105(10). doi: 10.3324/haematol.2019.229450.

Tsegaye, D., Tamiru, D. and Belachew, T. (2020) 'Factors Associated with Dietary Practice and Nutritional Status of Pregnant Women in Rural Communities of Illu Aba Bor Zone , Southwest', *Nutrition and Dietary Supplements*, pp. 103–112.

Ullah, I.. Zahid, Shah, and Mudassir (2013) 'Testing the modeling capability of ORYZA2000 under nitrogen limit conditions in Northern Iran', *International Journal of Biosciences (IJB)*, 3(11), pp. 1–7. doi: 10.12692/ijb/3.11.1-7.

Villalva Luna, J. L. and Villena Prado, J. (2021) 'Relationship between pregnant women with anaemia of maternal age at risk and low birth weight in a social security hospital in Peru', *Revista de la Facultad de Medicina Humana*, 21(1), pp. 101–107. doi: 10.25176/rfmh.v21i1.3155.

Vionalita, G. and Permata, N. T. (2020) 'The Relationship Between Age of Pregnant Women and Parity With the Incidence of Anemia in Third Semester Pregnant Women', 30(Ichd), pp. 125–128. doi: 10.2991/ahsr.k.201125.021.

Wahyuni, S. (2013) *Metabolisme Biokimia*. Denpasar: Udaya University Press.

Wang, H., Gabriel J.W., Dan, Stephane, Xiuwen, C. *et al.* (2015) 'Induction of autophagy through the activating transcription factor 4 (ATF4) - dependent amino acid response pathway in maternal skeletal muscle may function as the molecular memory in response to gestational protein restriction to alert offspring to mate', pp. 519–532. doi: 10.1017/S0007114515002172.

Wardlaw, G. M. (2007) *Perspective in Nutrition*. 7 Th ed. USA. 543-51.: McGrawHill.

Wartonah, T. (2008) *Keperawatan Medikal Bedah Gangguan Sistem Hematologi*. Jakarta: Trans Info Media.

Webster-Gandy, J. (2014) *Gizi & Dietetika*. Edisi 2. Edited by J. Webster-Gandy, A. Madden, and M. Holdswort. Jakarta: EGC.

Wessells, R. K. Césaire T.O., Rebecca R. Y., Thierno, F., Alex, B. and Sonja, Y.H. (2017) 'Micronutrient status among pregnant women in zinder, niger and risk factors associated with deficiency', *Nutrients*, 9(5). doi: 10.3390/nu9050430.

WHO (2017a) *Nutritional Anaemias : Tools for Effective Prevention*, *World Health Organization*.

WHO (2017b) *Nutritional anaemias: tool for effective prevention and control*. Geneva: World Health Organization, 2017.

WHO (2020a) 'Serum ferritin concentrations for the assessment of iron status in individuals and populations: technical brief', (10), pp. 1–6. Available at: https://apps.who.int/iris/handle/10665/331505.

WHO (2020b) *WHO Guidelines on use of ferritin concentrations to assess iron status in individual and populations*. Geneva: World Health Organization, 2020.

WHO (2021a) *Prevalence of anaemia in pregnant women (aged 15-49) (%)*. Available at: https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-anaemia-in-pregnant-women-(-) (Accessed: 6 December 2021).

WHO (2021b) *WHO Guidance Helps Detect Iron Deficiency and Protect Brain Development*. Available at: https://www.who.int/news/item/20-04-2020-who-guidance-helps-detect-iron-deficiency-and-protect-brain-development (Accessed: 5 December 2021).

Wibowo, N. Bardosono, S. I, Rima S, Inayah, Atikah, S. P., Natasya, P.*et al.* (2017) , *Med J Indones*, 26(1), pp. 109–15.

Wieringa, F. T. *et al.* (2016) 'The High Prevalence of Anemia in Cambodian Children and Women Cannot Be Satisfactorily Explained by Nutritional Deficiencies or Hemoglobin Disorders'. doi: 10.3390/nu8060348.

Wildayani, D., Yusrawati, Y. and Ali, H. (2018) 'Pengaruh Pemberian Tablet Zink dan Besi terhadap Kadar Hemoglobin dan Feritin pada Ibu Hamil Anemia Defisiensi Besi', *Jurnal Kesehatan Andalas*, 7(Supplement 4), p. 1. doi: 10.25077/jka.v7i0.913.

Williams, I. O., Essien, E. U., and Eka, O. U. (2011). 'Socioeconomic factors and vitamin a status of pregnant women in Calabar urban, southeastern Nigeria'. *Maternal and child health journal*, 15(7), 943–948. https://doi.org/10.1007/s10995-009-0541-7

Williamson, C. S. (2019) 'Nutrition in pregnancy', pp. 28–59.

Wilson, R. L., Tina, B.M., Shalem, Y. L., Luke, E.G., Gustaaf A. D., Claire,T.R.(2018) 'Early pregnancy maternal trace mineral status and the association with adverse pregnancy outcome in a cohort of Australian women', *Journal of Trace Elements in Medicine and Biology*, 46(November 2017), pp. 103–109. doi: 10.1016/j.jtemb.2017.11.016.

Wirth, J. P. Nicolai, Sherry, A. T. 2, Lisa, M. R., Erin, M., Alison, Greg, S. G. *et al.* (2017) 'Vitamin a supplementation programs and country-level evidence of vitamin A deficiency', *Nutrients*, 9(3), pp. 1–18. doi: 10.3390/nu9030190.

Woldeamanuel, G. G. Teshome, G.G, Tesfaye, P.M., Mulualem, B.S., and Temesgen, A,B. (2019) 'Effect of nutritional status of pregnant women on birth weight of newborns at Butajira Referral Hospital, Butajira, Ethiopia', *SAGE Open Medicine*, 7, p. 205031211982709. doi: 10.1177/2050312119827096.

Wolfe, R. R., Miller, S. L. and Editors (2002) 'Supplement: Protein metabolism in response to ingestion pattern and composition of proteins: Introduction', *Journal of Nutrition*, 132(10), pp. 3219–3224.

Yang, C., Jing , Zhen, Chunfeng, Jianhua and Xiaoguang (2016) 'Prevalence and influence factors of Vitamin A deficiency of Chinese pregnant women', *Nutrition Journal*, 15(1), pp. 1–7. doi: 10.1186/s12937-016-0131-7.

Yang, J., Qianqian, Xueye, Binyan, Lingxia, Hong, Shaonong, and Yue-Hua, (2022) 'Dietary protein intake during pregnancy and birth weight among Chinese pregnant women with low intake of protein', *Nutrition & Metabolism*, pp. 1–12. doi: 10.1186/s12986-022-00678-0.

Yesuf, N. N. and Agegniche, Z. (2021) 'Prevalence and associated factors of anemia among pregnant women attending antenatal care at Felegehiwot Referral Hospital, Bahirdar City: Institutional based cross- sectional study', *International Journal of Africa Nursing Sciences*, 15, p. 100345. doi: 10.1016/j.ijans.2021.100345.

Yulferina, D. Vaulinne, B., Dessy, A.and Nur Indrawaty, L. (2020) 'Relationship of Iron Consumption with Ferritin Levels in First-Trimester Pregnant Woman in Agam District , 2019', 9(3), pp. 1507–1515.

Yusrawati, Y., Defrin, D. and Karmia, H. R. (2019) 'Neonatal Growth, Neurotrophine, Zinc, and Ferritin Concentration in Normal and Iron Deficience Pregnancy: An Observational Analitic Study.', *Open access Macedonian journal of medical sciences*, 7(7), pp. 1114–1118. doi: 10.3889/oamjms.2019.202.

Zemrani, B. and Bines, J. E. (2020) 'Recent insights into trace element deficiencies: Causes, recognition and correction', *Current Opinion in Gastroenterology*, 36(2), pp. 110–117. doi: 10.1097/MOG.0000000000000612.

Zhang, Q., Xiao, Min Zhang, Chen‐Ying, Si‐Yuan, Shi‐Fen, Cai‐Yun, and Shan‐Shan (2021) 'Adverse effects of iron deficiency anemia on pregnancy outcome and offspring development and intervention of three iron supplements', *Scientific Reports*, 11(1), pp. 1–11. doi: 10.1038/s41598-020-79971-y.

Zhao, L., Zhang, Shen, Fang, Wang (2015) 'Obesity and iron deficiency: A quantitative meta-analysis', Obesity Reviews, 16(12), pp. 1081–1093. doi: 10.1111/obr.12323.

Zimmermann, M. B., Ralf, Fabian, Abdeljawad, Christophe, Richard F.H.,and Nourredine, C. (2006) 'Vitamin A supplementation in children with poor vitamin A and iron status increases erythropoietin and hemoglobin concentrations without changing total body iron', *American Journal of Clinical Nutrition*, 84(3), pp. 580–586. doi: 10.1093/ajcn/84.3.580.

Zuraida R, A. D. (2016) *Buku Penuntun Praktikum Penilaian Konsumsi Pangan*. Bandar Lampung: Fakultas Kedokteran Universitas Lampung.